

Second Week: Wife; Ask your husband for his advice or for him to tell you how to fix something mechanical. If he insists on just doing it himself, let him; but watch, listen, and try to learn how he does it. On another occasion, ask for his advice or for him to tell you how to deal with a relationship. In each situation above, ask questions or restate what you were told to indicate that you are really listening. Make a genuine effort to follow his advice or instructions. Pay special attention to what he thinks and try to accommodate yourself to it. Husband, continue with the previous assignment. Remember, the only way a man can be an effective husband is when his wife lets him.

_____, please answer the following questions about this second step:
Your Name Here (Each spouse should fill out their own questionnaire separately, exchange them, and compare.)

1. How many times was this at least attempted in some way over the past week? ____

2. Circle the level of your experience with this step? Pain 1 2 3 4 5 6 7 8 9 10 Pleasure

3. Did he give a complete satisfactory response and how did you determine that?
Yes No _____

4. Did she listen attentively and how did you determine that?
Yes No _____

6. Did she ask questions, restate, or did anything else indicate that she was really listening?

G She Asked Questions **G** She Restated **G** Other _____

7. Did she make any effort whatsoever to follow his advice or instructions, and how?
Yes No _____

8. Was she attentive to his instruction; and did she try to accommodate to his ideas?
Inattentive 1 2 3 4 5 6 7 8 9 10 Attentive Distrusting 1 2 3 4 5 6 7 8 9 10 Trusting

Third Week: Husband; Do something for your wife that you know she would really appreciate. Do not ask for anything in return. If you need some ideas, just ask her! Both husband and wife, continue with all previous assignments.

_____, please answer the following questions about this third step:
Your Name Here (Each spouse should fill out their own questionnaire separately, exchange them, and compare.)

1. How many times was this at least attempted in some way over the past week? _____

2. Circle the level of your experience with this step? Pain 1 2 3 4 5 6 7 8 9 10 Pleasure

3. Did he ask her for ideas? What did he do for her, how did she react, and how did all of that make you feel? (i.e. glad, mad, sad, agitation, enjoyment, pleasure, etc...)

Yes No _____

Fourth Week: Wife; Do something for your husband that you know he would really appreciate. Do not ask for anything in return. Ask him for ideas whether you need them or not! Both husband and wife, continue with all previous assignments.

_____, please answer the following questions about this fourth step:
Your Name Here (Each spouse should fill out their own questionnaire separately, exchange them, and compare.)

1. How many times was this at least attempted in some way over the past week? _____

2. Circle the level of your experience with this step? Pain 1 2 3 4 5 6 7 8 9 10 Pleasure

3. Did she ask him for ideas? What did she do for him, how did he react, and how did all of that make you feel? (glad, mad, sad, agitation, enjoyment, pleasure, etc...)

Yes No _____

Fifth Week: Wife; Ask your husband to do something for you that you would really appreciate. Remember: "Men do not take hints. Ask directly for what you want."

Sixth Week: Husband; Ask your wife to do something for you that you would really appreciate. Both husband and wife, continue with all previous assignments.