

Give It One More Chance

CPS Long Version

Week 5

CPS: Couples' Processing System (*Long Version)

MAKE AN APPOINTMENT. The Partner A that is in angst or dysregulated, asks his/her Partner B for an appointment or an opportunity to visit his/her world to generate understanding. If now is not a good time, then Partner B suggests when a good time might be. Appointment is set.

PREPARE FOR THE VISIT. Get into "partner stance." Check your space and energy. In preparation for the visit, Partner B leaves his/her world behind and does a few things: goes to the Customer Service Window, puts up his/her boundaries (90/10%), remembers that he/she loves Partner A and engages compassion and curiosity about what he/she will learn on this visit. In preparation for the visit, Partner A renders respect for his "house guest" in that he/she wants the guest to return.

REPORT SUBJECTIVE FACTS. "What I experienced was" Report the facts as if anyone could report the same facts objectively as from a video camera. **DO NOT INTERPRET OR TALK ABOUT FEELINGS AT THIS POINT!** *Partner B mirrors back what he/she heard. "Did I get you?" "Is there more?"*

STATE HOW YOU MADE YOURSELF THINK ABOUT THIS EXPERIENCE. "What I made up in my head about this is ..." This is when you get to be as crazy as you want to be! State all hypotheses, ideas and transferred experiences from one's past. **DO NOT TALK ABOUT FEELINGS AT THIS POINT!** *Partner B mirrors back what he/she heard. "Did I get you?" "Is there more?"*

STATE HOW YOU MADE YOURSELF FEEL ABOUT THIS EXPERIENCE. "What I made myself feel about this is ..." This is when you state two to three feelings max. *Partner B mirrors back what he/she heard. "Did I get you?" "Is there more?"*

THAT TRIGGERS FOR ME IN MY STORY IS ... *Partner B mirrors back what he/she heard. "Did I get you?" "Is there more?"*

GLOBAL REQUEST AND REQUEST FOR THE NEAR (time-limited) FUTURE. "And my request for the future is ..." State THREE simple behavioral and attainable request around this frustration. **BE FUTURE-ORIENTED, NOT PAST!**

RELATIONAL JUJITSU. Partner B owns *whatever* he/she can, even if it is not all of it! "Yes, I have _____ (now or in the past)."

RESPONSE TO REQUEST. Partner B then picks one of the request to do for the next two weeks. ("Help me help you mentality").

RESPONSE TO PARTNER B. Partner A expresses gratitude for the visit and then asks Partner A, "What can I do to help you meet this request?" Partner A agrees to do whatever he/she can to help.