



BOOTCAMP FOR COUPLES

—
Workbook

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Couples Coach*



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TABLE OF CONTENTS

01	Life Balance and Relationship	05	Take Control of your Financial Struggles
02	Effective Communication & Listening	06	Intimacy vs Sex
03	Conflict & Arguing Fairly	07	Bonus: Learning How to Forgive
04	Solving Problems	08	Bonus: Parenting Styles

Welcome



Hello

Thank you for joining me.

This course is for couples who want to work on rebuilding their relationship through the good times and the bad. Work together as a team. Create a foundation and be able to enjoy being a couple and have fun.

Let's get Started!

Patricia Lavigne
COUPLES COACH

MEET YOUR COACH



Hello from

Patricia Lavigne

As your Coach I am passionate about helping people gain personal success, confidence, and independence.

I love what I do and developed my own style of coaching. I create a coaching relationship with my clients by being committed, nonjudgmental, with a powerful belief in you and your success.

With my experience, support, knowledge and wisdom. I keep you focused on making sound decisions and plan a foundation for your future. I encourage you to stay positive, continue to move forward and take one day at a time.

Personal Coach

Couples Coach

Divorce Coach

My clients describe me as “professional, respectful, easy to talk to, and down to earth.” I get to the point while encouraging you to move forward with clarity, honesty, and compassion.



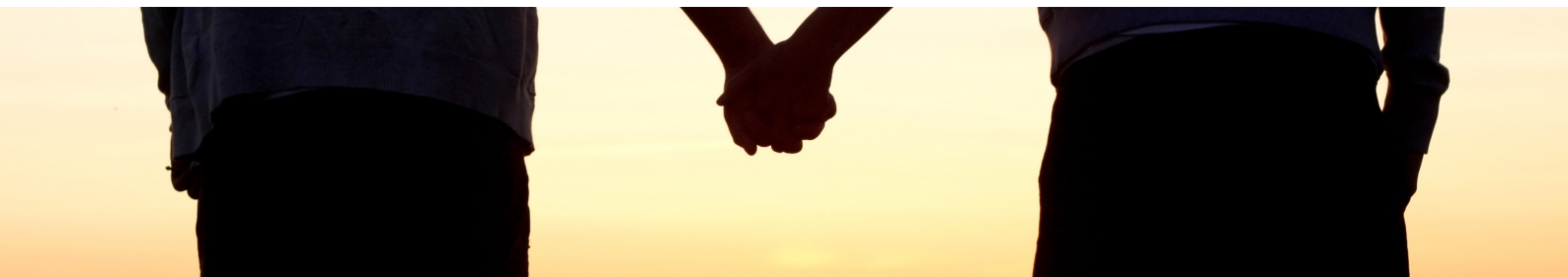
Life Balance and Relationship

Module 01



It doesn't matter what age you are to be whoever you want to be. I discovered my true version of myself at the age of 40. There's no time limit. It's your decision to change or stay the same, there are no rules. We can choose to make the best or the worst of our life. I hope after you take this course you figure out that life is what you make of it.

I hope you start to discover things about yourself that you never felt before. I hope you create a different mindset about your life and your future. I hope you start living a life you're proud of. If you find that you're not, I hope you have the courage to start all over again.



Choosing Your Partner

The Challenge

We all have concessions to make. We all make sacrifices. We all need to let go of some things that we might want in order to be with a particular person. We need to put partner before pursuits. And we can consciously be happy with that or we can unconsciously never let go of that. We can decide to be happy and stay in the moment, or we can tolerate our situation day to day, staying in touch with how we are being denied what we really want, always slightly aware of how our life is not the way we want it to be.

On the other hand, you just might be surprised how happy you can be and where your relationship can go when you elevate your marriage above all else.

Staying Strong Together

Choosing your partner first doesn't mean you are not prioritizing yourself, your family, or anyone or anything else. It's NOT either/or, it's both/and. This simply means you recognize that you, your family, and your kids will be much happier and better off if you and your partner are a solid, unbeatable team and have a strong couple partnership IF you both prioritize each other's happiness and you each choose the other first.

If, for example, you put your kids first, you have a kid-centered household and that tends to not work very well for anyone. The kids get spoiled and the partner gets resentful because they end up living parallel lives. Choosing your partner first, always, above everything, is a form of radical commitment, which benefits all who are under its influence.

Still, this concept can be especially tough for women, who may feel they are choosing the man over the child. This is not the case. It's a matter of prioritizing the relationship and the partner. Do you want your partner to choose YOU first? Most would say "YES!" True partners must be a team, which ultimately results in more empowered children.

Choose Your Partner First, Always

A relationship starts with making your partner the most important person in your life and not taking him or her for granted. You don't put anything else above your partner—not work, not home, not family, friends, kids, hobbies, boats—nothing. You choose your partner first, always.



Who Am I! Self Discovery

One of my personal discoveries about myself is I am a people pleaser.

Usually, the statistics show that people who like to please have low self esteem or want attention. Well, that isn't true in my case. I am a confident woman and I know what I'm capable of achieving. I don't let anyone take advantage of my kindness. I have grown over the years and worked through a lot of my personal issues.

The reason I like to please people around me is because I like to see happiness and surround my self with a positive lifestyle. Growing up as a child was a very toxic environment. Seeing people happy and coaching clients brings me an ultimate high in life and positive energy.

What's Next?

Work on your personal growth. It's never too late.

Personal Needs

QUESTION	ANSWER
Q1	List 2 changes you would like to add in your personal life.
Q2	What do I like about myself and don't want to change.
Q3	What changes am I going to work on first?
Q4	Which goal is most important for me and why?
Q5	Is it important for me to make changes on my physical appearance?
Q6	How much leisure time would you like to have for yourself?

Personal Needs

	QUESTION	ANSWER
07	What leisure activities do you want to participate in eg. sports, reading?	<hr/> <hr/>
08	List 2 things you like about yourself?	<hr/> <hr/>
09	List 2 of your best physical features?	<hr/> <hr/>
10	Describe how they make you feel.	<hr/> <hr/>

ADDITIONAL NOTES

Action Plan

Personal Goals

Having personal goals is important. It keeps you aligned with life and helps you focus on your personal development.



You are in control of your future. Take action to meet your goals.

Where do I want to be in 2 to 5 years? Evaluate each area of your life, relationship, career, health, etc. Start putting a plan together to take charge of your life.

How do I want to feel about myself once I meet my goals?

Action Plan

Personal Goals



You are in control of your future. Take action to meet your goals.

What are the negative things that are interfering in my happiness and how can I change it?

What are the list of bad habits that I need to stop or work on?

Action Plan

Personal Goals



You are in control of your future. Take action to meet your goals.

Am I being my authentic self?

If I was being judged by someone what would they say about me.

How To Be Your Authentic Self

Taking Control of Your Personal Power

Growing up in a dysfunctional home did not give me any examples of who I should be when I grow up. As an adult I had to create the person I wanted to be.

It took me till I was at the age of 40 to realize I needed to make a lot of changes in my life and to start taking charge.

You are in charge of your personal growth.

Learn to adapt a new way of life. Figure out what works for you and your partner.

Balancing your family, career, relationship and personal development is important to bring peace and happiness in your life.

Discovering who you are and who you want to be early in life is so important.

Don't waste time complaining about your life put you energy in building a better life.



Beliefs and Values

Personal Goals

Sometimes we carry a lot of beliefs and values from our upbringing. Some values we like to continue and some are not what we believe in. List the values or beliefs that you experienced as a child and that are important to you.



Start by listing the qualities or values you bring into your life that was passed down from your parents. Then create a new one to add the values and qualities you believe in.

Mother

Father

Beliefs and Values

Personal Goals



Start by listing the qualities or values that you do not want to continue then add the values and qualities you do believe in.

Siblings

Other

Beliefs and Values

Personal Goals



Answer the following questions

Which of the following values or beliefs do you practice on a regular basis?

Are these beliefs or values genuine or just a belief (a thought that has been thought of so often that you believe it is true)? myth or fact

Beliefs and Values

Personal Goals



Answer the following questions

Which one of your values would you change in order to be your authentic self?

Do you and your partner apply your true values on a daily basis?

Relationship Goals

Couples for Life Exercise. Complete the following sections.

01 Individual Goals

03 Shared Goals

02 Partner's Individual Goals

04 Action Plan

05 Responsibility

Follow Up

Past Issues or Concerns



A lot of problems in a relationship can be from past experiences. Growing up as a child can be related with trauma or things you had to face and never been able to work through them.

It's important to let your partner know of the difficulties you faced and the issues you are dealing with.

This will help your relationship and be able to deal with personal issues such as anger, abandonment, alcoholic parents or more.

Write down what how you feel emotionally.



Past Issues or Concerns

The purpose of this exercise is to track any issues or conflicts that arise between you and your partner, so that you can evaluate your feelings and reactions; gain some insights into your own beliefs, attitudes and behaviors. This exercise is all about YOU – how you feel, think and behave in reaction to specific incidents or situations you experienced as a child or growing up.

The more aware you are of how you feel and act in specific situations, the greater the likelihood of you making better choices that support you and your relationship. This awareness, when translated into reality or put into action, will affect positive changes in your life.

Definitions:

Situation/Incident/Issue: Identify the issue, situation or incident you reacted to.

My Feelings: Identify the feelings you experienced during and after the incident. Be as specific as possible. For example if you reacted in anger, what is at the root of the anger? Did you feel hurt, rejected, belittled, disrespected as a child?

My Beliefs and Attitudes: What are your beliefs and attitudes about why the incident or issue is challenging for your relationship? What are your beliefs and attitudes that result in your reaction and feelings?

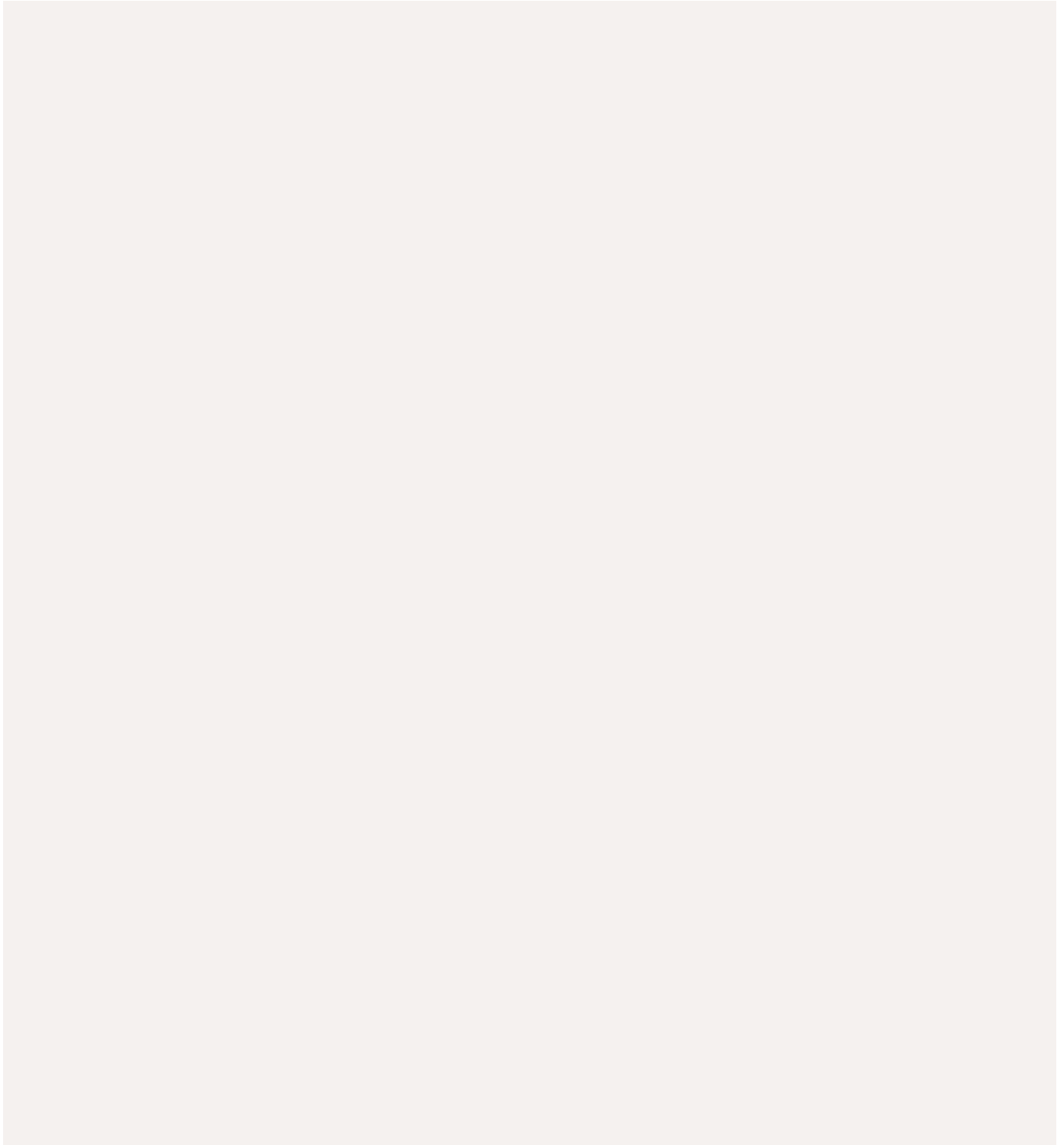
My Behaviors: How did you behave during the incident or when discussing the issue? How might your behavior have been different? How might a change in behavior modified the outcome of the situation or discussion?

My Awareness: What are your insights into the incident or discussion of the issue? What have you learned about your feelings, beliefs, attitudes and behaviors? What changes would you like to make as a result of these insights?

On the sheet below write down your life as a child and the incidents that happened. Once you complete the exercise reflect on your behavior and personality traits. Ask yourself if you show signs of inappropriate behavior that could be caused from your childhood and are causing relationship issues. You should consider getting help to work through the problems: For example you might need to grieve, or forgive the people in your life that hurt you etc. If you are struggling or have behavior problems you should consider getting help.

Personal Issues or Concerns

Write down the issues or incidents that relates to your feelings, beliefs and behavior. Include why you behave aggressively in certain situations and if you discovered a pattern of your behavior from your past.





How well do you know your partner ?

Couples can live together for years but never really know each other. Now it's time to see how much you really know about them and their qualities.

Use the check list below and write down the answers without the other partner seeing your answers. After you completed the questions, discuss it together.

Have fun discovering each other.

01

You Are #1

Taking care of yourself is important for your own mental health.

02

Accept Your Partner

Don't try to change your partner. Accept them.

03

Be a Couple

Support each other during the good times and bad.



How well do you know your partner?

Get a piece of paper and write down the following answers without the other partner seeing your answers. After you completed the questions, discuss it together.

1. Their favorite movie
2. Their favorite song or type of music
3. Their favorite actor, actress
4. Their favorite season – winter, summer, spring or fall
5. Their favorite TV show
6. Their favorite day of the week
7. Their favorite hero
8. Their favorite time of the day
9. Their favorite activity
10. One of their best qualities
11. Who are they closest to in their family?
12. Who is their best friend?
13. Describe one of the kindest things they have done for someone
14. One of their bad habits
15. One of the most memorable moment that you had with your partner



How well do you know your partner ?

Describe 3 things they do that you find genuinely loving.

Example:

- kind words
- loving actions
- touch
- giving gifts

Additional Notes
