

2026

Couples Therapy Workbook



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Social Worker in Private Practice

2026

JANUARY

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH

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22	23	24	25	26	27	28
29	30	31				

APRIL

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MAY

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31						

JUNE

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JULY

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AUGUST

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SEPTEMBER

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20	21	22	23	24	25	27
27	28	29	30			

OCTOBER

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

S	M	T	W	T	F	S
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29	30					

DECEMBER

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13	14	15	16	17	18	19
20	21	22	23	24	25	27
27	28	29	30	31		

2026 YEAR AT-A-GLANCE

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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RELATIONSHIP OVERVIEW & GOALS

OUR STORY: WHAT BROUGHT US TOGETHER

"WHAT FIRST
ATTRACTED ME TO YOU
WAS..."

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"A SPECIAL MEMORY
FROM OUR EARLY DAYS
TOGETHER..."

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"THE QUALITIES I STILL
ADMIRE IN YOU ARE..."

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WHAT WE WANT TO IMPROVE OR HEAL

"THE PATTERNS OR
CHALLENGES WE'D LIKE
TO ADDRESS..."

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"HOW I'D LIKE TO SHOW
UP DIFFERENTLY IN OUR
RELATIONSHIP..."

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"A WOUND WE ARE
READY TO HEAL
TOGETHER..."

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WHAT WE WANT TO IMPROVE OR HEAL

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LOVE LANGUAGES DISCOVERY

PARTNER A – MY LOVE LANGUAGE PROFILE

PRIMARY LOVE LANGUAGE: _____

SECONDARY LOVE LANGUAGE: _____

WHAT MAKES ME FEEL LOVED:

PARTNER B – MY LOVE LANGUAGE PROFILE

PRIMARY LOVE LANGUAGE: _____

SECONDARY LOVE LANGUAGE: _____

WHAT MAKES ME FEEL LOVED:

REFLECTION PROMPTS

“How can I express love in their language this week?”

“When did I last feel most loved by my partner?”

“One thing I’ll try to do differently to meet their needs...”

COMMUNICATION REFLECTION WORKSHEET

PARTNER A – COMMUNICATION REFLECTION

 WHEN I'M UPSET:

"HOW DO I USUALLY COMMUNICATE WHEN I'M HURT OR ANGRY?"

"WHAT WORDS OR ACTIONS SHUT ME DOWN?"

"WHAT HELPS ME CALM DOWN OR FEEL UNDERSTOOD?"

 MY COMMUNICATION GOALS:

"I WANT TO EXPRESS MY NEEDS BY..."

"WHEN I NEED SPACE, I CAN SAY..."

PARTNER B – COMMUNICATION REFLECTION

 WHEN I'M UPSET:

"HOW DO I USUALLY COMMUNICATE WHEN I'M HURT OR ANGRY?"

"WHAT WORDS OR ACTIONS SHUT ME DOWN?"

"WHAT HELPS ME CALM DOWN OR FEEL UNDERSTOOD?"

 MY COMMUNICATION GOALS:

"I WANT TO EXPRESS MY NEEDS BY..."

"WHEN I NEED SPACE, I CAN SAY..."

CONFLICT RESOLUTION

WHAT HAPPENED? (FACTS, NOT BLAME)

"What triggered the disagreement?"

"What did I observe or hear?"

"What assumptions did I make?"

WHAT I FELT

"I FELT..." (CIRCLE OR LIST)



HURT



ANGRY



SAD



FRUSTRATED



DISAPPOINTED



OTHER: _____

"MY DEEPER FEELING BENEATH THE ANGER WAS..."

WHAT I NEEDED OR WANTED

"What did I truly need in that moment?"

"What boundary or value felt crossed?"

"How can I communicate this need more clearly next time?"

EMOTIONAL CHECK-IN TRACKER

WEEK OF :

♥ EMOTIONAL CONNECTION

"This week I felt close to you when..."

"A moment that made me smile was..."

♥ EMOTIONAL DISTANCE OR HURT

"SOMETHING THAT HURT ME OR MADE ME FEEL DISCONNECTED WAS..."

"WHAT I WISH I HAD SAID OR DONE DIFFERENTLY..."

GRATITUDE & APPRECIATION

"Something I appreciated about you this week..."

"A strength I see in you is..."

🧠 NEEDS & SUPPORT

"SOMETHING I NEED MORE OF FROM YOU RIGHT NOW IS..."

"SOMETHING I CAN OFFER YOU THIS WEEK IS..."

BOUNDARIES & NEEDS WORKSHEET

UNDERSTANDING MY BOUNDARIES

"I FEEL SAFE WHEN..."

"I FEEL UNCOMFORTABLE WHEN..."

"A BEHAVIOR THAT CROSSES MY BOUNDARY IS..."

"WHEN I NOTICE MY BOUNDARY IS CROSSED, I WILL..."

COMMUNICATING MY NEEDS

"I NEED SUPPORT WITH..."

"SOMETHING THAT HELPS ME FEEL CARED FOR IS..."

"WHEN I'M OVERWHELMED, I'D APPRECIATE IF YOU..."

BOUNDARY REAFFIRMATION

"WHAT BOUNDARY WILL I REAFFIRM THIS WEEK?"

"WHAT POSITIVE RESULT DO I HOPE IT BRINGS?"

SHARED VISION & FUTURE GOALS

OUR SHARED DREAMS

"In 1 year, we see ourselves..."

"In 5 years, we hope to..."

OUR CORE VALUES AS A COUPLE

FUTURE GOALS – PERSONAL & SHARED

GOAL TYPE	PARTNER A	PARTNER B	SHARED GOAL	STEPS TO ACHIEVE IT

REFLECTION

GRATITUDE & APPRECIATION JOURNAL

DAILY OR WEEKLY REFLECTIONS

DATE	I APPRECIATED WHEN YOU...	YOU MADE ME SMILE BECAUSE...	SOMETHING I LOVE ABOUT YOU...

GRATITUDE FOR CONNECTION

Three horizontal lines for writing.

WEEKLY CONNECTION RITUAL

Three horizontal lines for writing.

HOW GRATITUDE CHANGED US

Three horizontal lines for writing.

NOTES

A large yellow rectangular area with rounded corners and a thin dark border. It contains 25 horizontal lines, evenly spaced, for writing notes. The lines are thin and dark, contrasting with the yellow background.