**Healthy Intimate Relationships Coaching Case Notes**

**Session 1**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 1 of Healthy Intimate Relationships coaching:

* Introduction to the program
* Areas of strength and development for relationships
* Self-care

At the end of the session, (client's name) mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 1.

* **Videos**:
  + Fair Fighting Rules
* **Worksheets**:
  + Self-Care Assessment
  + Self-Care Tips

A new appointment was scheduled for (date of next session).

**Session 2**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 2 of Healthy Intimate Relationships coaching:

* Fair fighting
* John Gottman research
* Interactive fair fighting activity

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 2.

* **Videos**:
  + Fight Smarter: Avoid the Most Common Argument Patters (Esther Perel)
* **Worksheets**:
  + Relationship Gratitude Tips
  + Couple’s Gratitude Journal

A new appointment was scheduled for (date of next session).

**Session 3**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 3 of Healthy Intimate Relationships coaching:

* Fight smarter
* Equality in relationships
* Elements of a respectful relationship
* Timeouts
* Mindfulness

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 3.

* **Videos**:
  + Braving (a video on the anatomy of trust) – Brene Brown
* **Worksheets**:
  + Relationship Conflict Resolution
* **Review** 
  + Equality/Non-Violence Handout

A new appointment was scheduled for (date of next session).

**Session 4**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 4 of Healthy Intimate Relationships coaching:

* The anatomy of trust
* Love languages

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 4.

* **Videos**:
  + How to Improve Communication with Your Spouse
* **Online Test**:
  + Enneagram Test

A new appointment was scheduled for (date of next session).

**Session 5**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 5 of Healthy Intimate Relationships coaching:

* Enneagram test review
* Communication with partner
* Communication styles
* John Gottman (4 Horseman of Apocalypse)

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 5.

* **Videos**:
  + Non-Violent Communication
* **Worksheets**:
  + Couples Strength Exploration

A new appointment was scheduled for (date of next session).

**Session 6**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 6 of Healthy Intimate Relationships coaching:

* Non-violent communication

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 6.

* **Videos**:
  + Anger Warning Signs and Anger Thermometer
* **Worksheets:**
  + Observations/Feelings/Needs/Requests
  + Naming feelings and needs
  + Non-volent communication

A new appointment was scheduled for (date of next session).

**Session 7**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 7 of Healthy Intimate Relationships coaching:

* Anger management and anger thermometer
* Stress management
* Loving Kindness - meditation

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 7.

* **Videos**:
  + Healthy Boundaries in Relationships
  + How to be More Assertive in Your Relationships
* **Worksheets**:
  + Anger Discussion Questions
  + Stress Management

A new appointment was scheduled for (date of next session).

**Session 8**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 8 of Healthy Intimate Relationships coaching:

* Boundaries
* Assertiveness

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 8.

* **Videos**:
  + Stop Bickering, It Is Killing Your Relationship
* **Worksheets**:
  + Setting Boundaries
  + Passive, Aggressive and Assertive Communication

A new appointment was scheduled for (date of next session).

**Session 9**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 9 of Healthy Intimate Relationships coaching:

* Quality time together
* Kindness and gratitude
* Safe Place - imagery

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

An email was sent to (client’s name) providing the HOMEFUN activities for Session 9.

* **Videos**:
  + Seven Principles for Making Marriage Work (John Gottman)
* **Worksheets**:
  + Relationship Growth Activity
  + Relationship Building Shared Qualities

A new appointment was scheduled for (date of next session).

**Session 10**

(Client’s name) attended their session (on time/late).

(Client’s name) and the writer completed Session 10 of Healthy Intimate Relationships coaching:

* Overview of program
* Letting Go - meditation

At the commencement of the session, (client's name) mood was noted as a (add number)/10.  At the end of the session, his/her/their mood was noted as a (add number)/10.

During session, (client’s name) was (engaged/distracted/other) and responded (how did they respond?) to the session material.  He/she/they particularly appreciated the (what did the client appreciate?).

As this was the final session, no further appointments were scheduled.