

Instructions: Use these cards to develop new communication habits. Complete the commitment card and give it to your partner. Your partner is encouraged to "catch you" doing something good, then complete and return a feedback card.

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Marriage Mirror section: Listening Speaking Environment

# I commit to developing a new skill.

Commitment Card

To grow more effective in my communication with you, this is the communication skill I commit to working on:

\_\_\_\_\_

Commitment by: \_\_\_\_\_ Date: \_\_\_\_\_

## *Can you catch me doing something good?*

Please share when you "catch me" doing something good. Your positive feedback will help us both!

- Be aware of when I am effective.
- Be specific - Consciously identify the specific behavior you like.
- Be prompt and private - Promptly and privately share your observations with me.



## *Caught ya!*

\_\_\_\_\_

Date: \_\_\_\_\_

Feedback Card

Your effective communication did not go unnoticed. This is what I like about how you communicated with me:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## *Caught ya!*

\_\_\_\_\_

Date: \_\_\_\_\_

Feedback Card

Your effective communication did not go unnoticed. This is what I like about how you communicated with me:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## *Caught ya!*

\_\_\_\_\_

Date: \_\_\_\_\_

Feedback Card

Your effective communication did not go unnoticed. This is what I like about how you communicated with me:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_