

# The Relationship Institute

[www.therelationshipinstitute.org](http://www.therelationshipinstitute.org)

## Therapist Handouts with Couples

- Key Concepts for Change
- ESA
- “It’s Not About Me”
- My Vision for My Relationship
- Unacceptable partner behaviors/ways to increase relationship maturity
- I-to-I handout: Intimacy through Tension Exercise
- I-to-I maturity goals
- Ways we avoid differentiation Handout
- “How to take the hook differently”
- Trust building behaviors