

Couple's Coping Cards

1. It's important to feel loved and valued in our relationships. Especially in these challenging times, it can be easy to neglect our relationship and our partner.

2. It can also feel difficult to show our appreciation, especially in fun or creative ways that feel new.

3. Find some notecards or sticky notes and write positive affirmations or things that you love about your partner as little 'pick me ups'.

4. Have fun with this! Personalize your notes to your partner. You can even make them flirty!

5. Examples are "I appreciate how much you care for our family," "you look beautiful today," and "I love how you make me laugh."

6. You can write them together as a couple or brainstorm on your own. Then hide them around your home as a happy surprise to uplift your partner throughout the day.



Clinician Tip Sheet

This intervention could be used in session as a bond activity or as an enrichment homework.

If done in session, either provide note cards and writing supplies if in person or if on zoom request the couple to bring those items to session.

This homework could be a great follow up either to TANGO or another intervention using nurturing statements. It could also be used in conjunction with Love Bank.

In the Hope drive there is a nurturing statements sheet that you could provide as example for statements and affirmations that the couple could write on their the coping cards.

Discuss and troubleshoot any obstacles the couple may face when implementing this activity.