

Dynamic Plays

There are two types of new plays. We call them Dynamic Plays because they can be made and changed so that they work well for the couple. It would be like calling a new play in the huddle; it is dynamic and might change in the future.

The first Dynamic Play (DP) is the Action DP. Once an agreement is reached, the person agreeing to take the action writes it down on a 3x5 card. This is what they are agreeing to do differently (i.e. not be defensive). If required, actions should be negotiated so that the teammate agreeing to take the action feels comfortable with it and wants to do it in the future because they see the value of it in their relationship.

The second DP is the Relapse Reminder, because we all know old habits are hard to break and it is easy to relapse into our old patterns (i.e. being defensive). The person who wrote the agreement (i.e. not be defensive) also writes the Relapse Reminder, which are the specific words or actions that they want their teammate to say or do to remind them they have a new agreement. This way the teammate can be an encourager and not a nag. This is designed specifically to create mutual accountability for the changes that they both want to see to improve their relationship.

Once the Relapse Reminder is written, the person who wrote it gives it to their teammate to say to them to ensure that it sounds as good as it did when they wrote it. Tone often matters. This is called “the gut check.” If it still sounds good, the teammate who read it back, keeps that card so they can use it if they feel the pinch of their spouse forgetting to use the new agreement.

You will need to understand this process and the rationale for it so you can help others understand why it is so important. Simple knowledge of what should be done will not change a relationship if it does not result in behavior changes. Making and keeping agreements on these new skills is the simplest way to improve a relationship.

At the end, the wife will have all Pink cards with Relapse Reminders for her husband and the husband will have all Blue cards with Relapse Reminders for his wife.

Teammate	Person Agreeing to the Action
1. Identifies some change that would benefit their relationship. This is agreed to by both teammates.	1. Agrees to do something different. Writes out specifically what they will do – This is their Action DP. They keep this.
	2. Writes out specifically what they would like to hear or see (Relapse Reminder), if they forget to use their new agreement.
2. Will realize their teammate forgot the agreement, so these are the right words to help the team get back on track.	3. Gives the Relapse Reminder to their teammate. This becomes a new play for the teammate.
3. Reads the words back to the teammate agreeing to the action.	4. Ensures the words will work for them as they intended when they wrote them.
4. Keeps the card as a new play for them to use when things relapse into old behaviors.	

Dynamic Plays

Book One – Rick and Jane Learn to Listen and Talk

What the **HUSBAND** agrees to do differently.

Action

How the **HUSBAND** wants his wife to remind him if he forgets. He writes the exact words he wants to hear. This will be **HER** new play.

Relapse Reminder

Dynamic Plays

Book One – Rick and Jane Learn to Listen and Talk

What the **WIFE** agrees to do differently.

Action

How the **WIFE** wants her husband to remind her if she forgets. She writes the exact words she wants to hear.
This will be **HIS** new play.

Relapse Reminder

Dynamic Plays

Book Two – Rick and Jane Learn to Conquer Anger

What the **HUSBAND** agrees to do differently.

Action

How the **HUSBAND** wants his wife to remind him if he forgets. He writes the exact words he wants to hear. This will be **HER** new play.

Action

Dynamic Plays

Book Two – Rick and Jane Learn to Conquer Anger

What the **WIFE** agrees to do differently.

Relapse Reminder

How the **WIFE** wants her husband to remind her if she forgets. She writes the exact words she wants to hear.

This will be **HIS** new play.

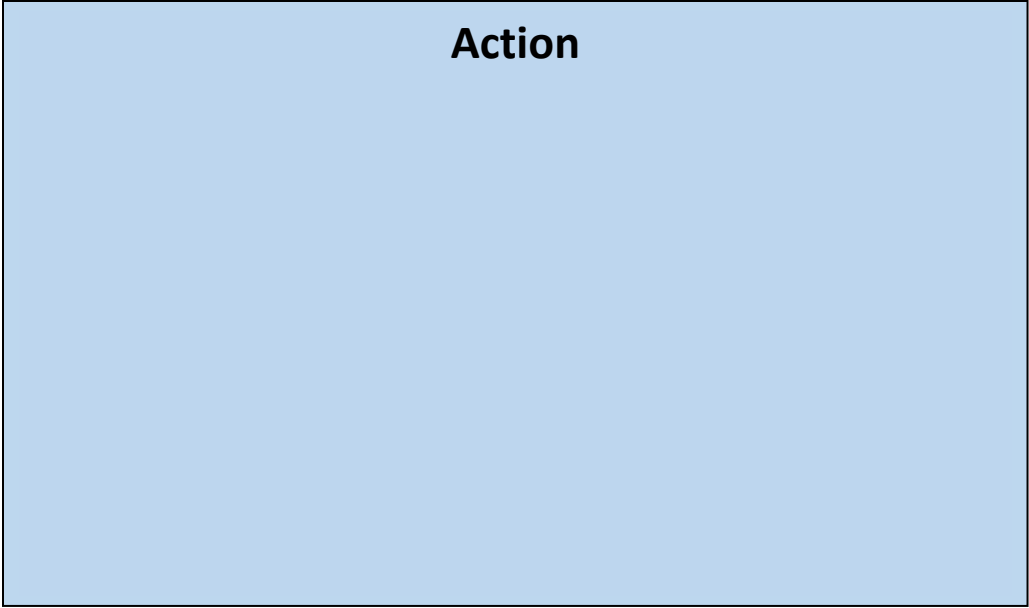
Relapse Reminder

Dynamic Plays

Book Three – Rick and Jane Learn to Forgive

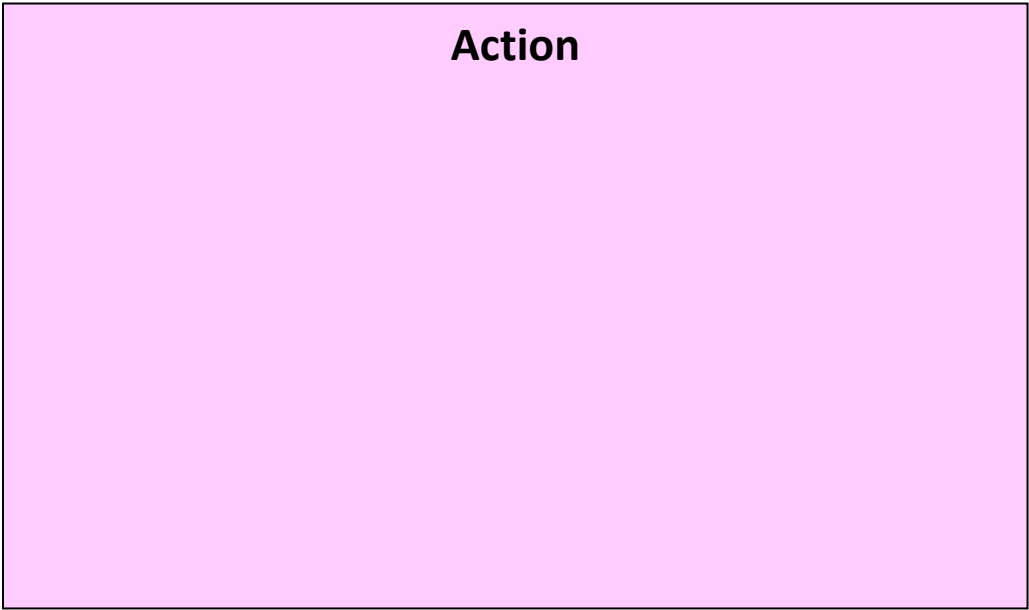
What the **HUSBAND** agrees to do differently.

Action



How the **HUSBAND** wants his wife to remind him if he forgets. He writes the exact words he wants to hear. This will be **HER** new play.

Action



Dynamic Plays

Book Three – Rick and Jane Learn to Forgive

What the **WIFE** agrees to do differently.

Relapse Reminder

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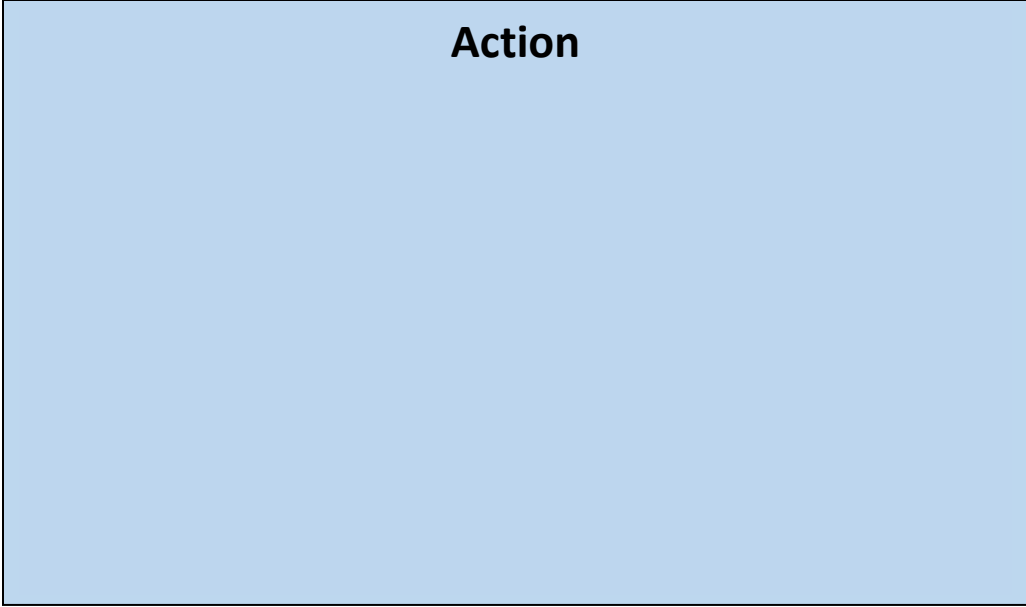
Relapse Reminder

Dynamic Plays

Book Three – Rick and Jane Learn to Resolve Conflict

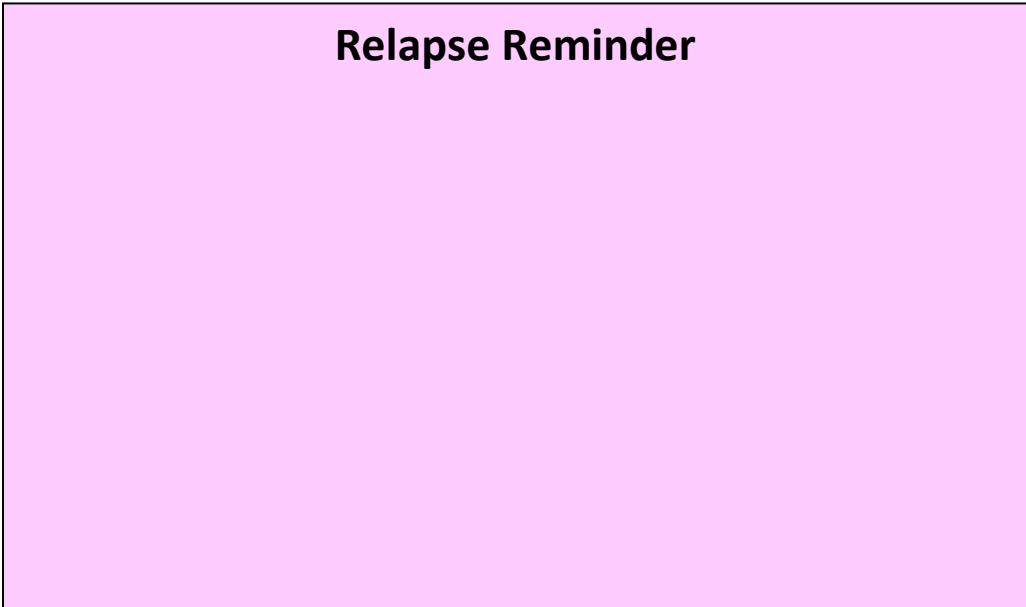
What the **HUSBAND** agrees to do differently.

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Relapse Reminder



Dynamic Plays

Book Four – Rick and Jane Learn to Resolve Conflict

What the **WIFE** agrees to do differently.

Action

How the **WIFE** wants her husband to remind her if she forgets. She writes the exact words she wants to hear.

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Relapse Reminder

Dynamic Plays

Book Five – Rick and Jane Learn to Solve Problems

What the **HUSBAND** agrees to do differently.

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Relapse Reminder

Dynamic Plays

Book Five – Rick and Jane Learn to Solve Problems

What the **WIFE** agrees to do differently.

Action

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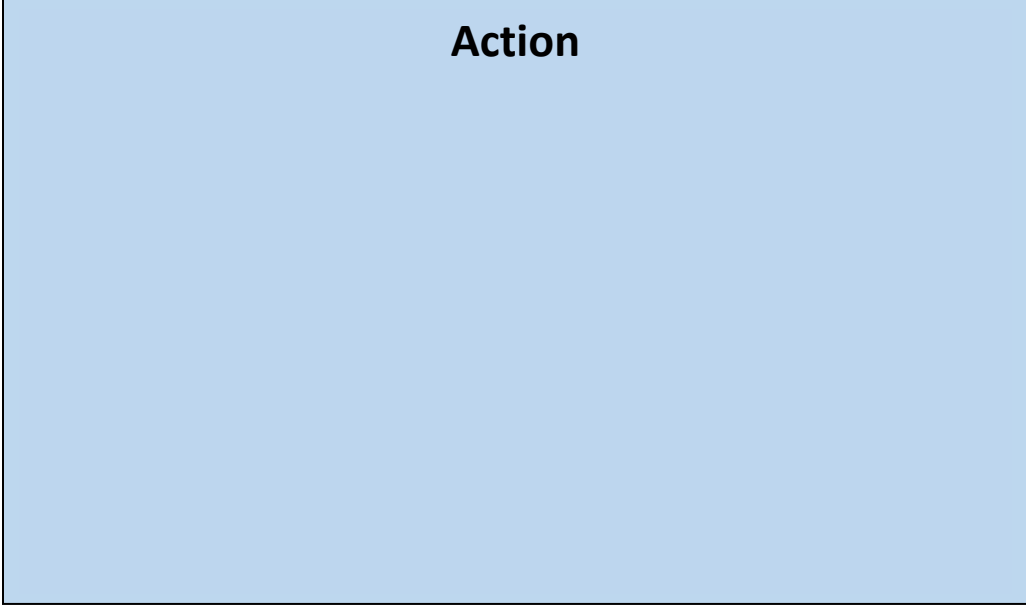
Relapse Reminder

Dynamic Plays

Book Six – Rick and Jane Learn to Appreciate Differences

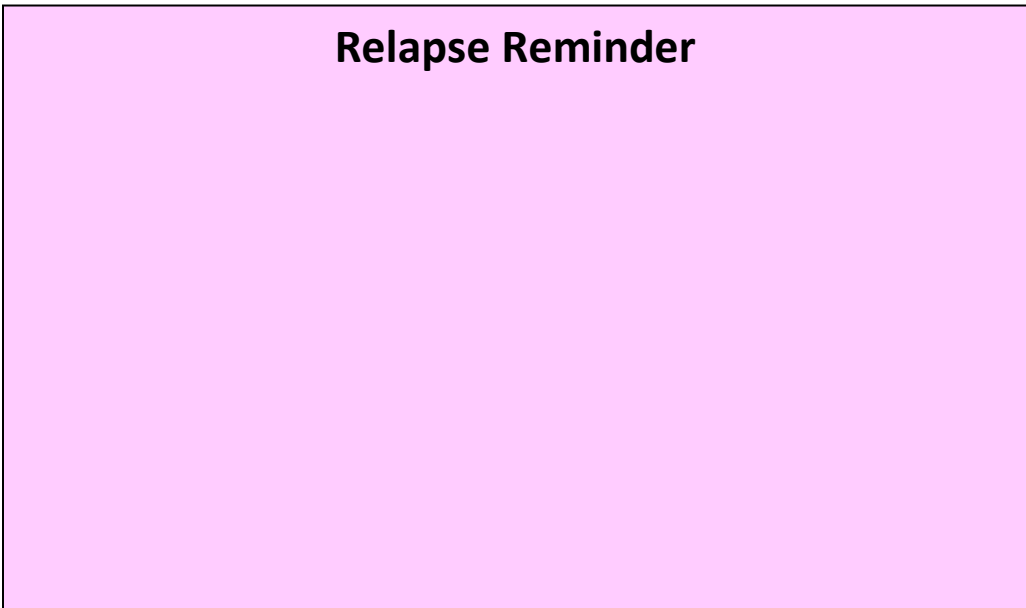
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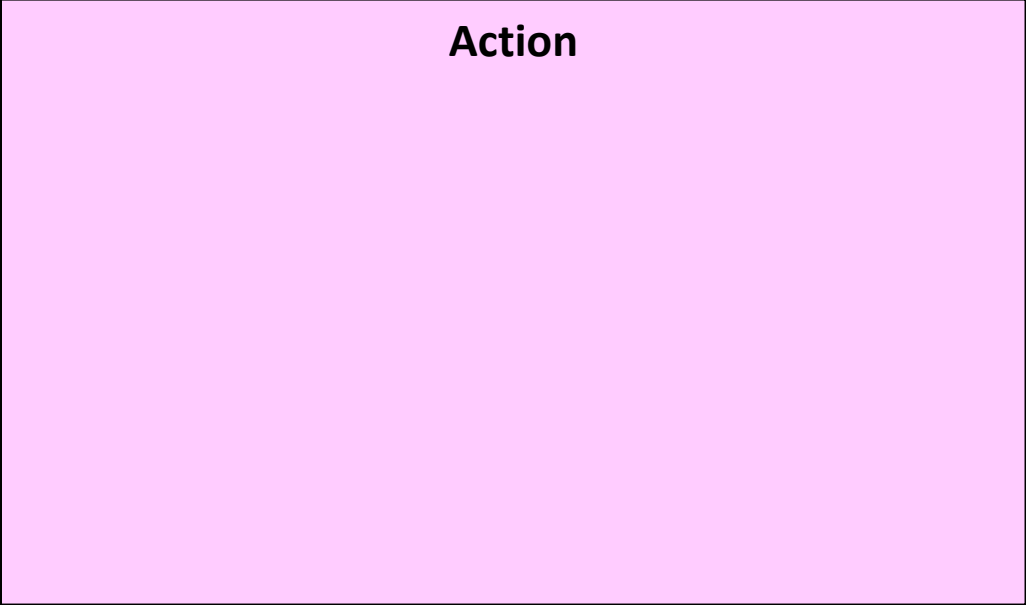


Dynamic Plays

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What the **WIFE** agrees to do differently.

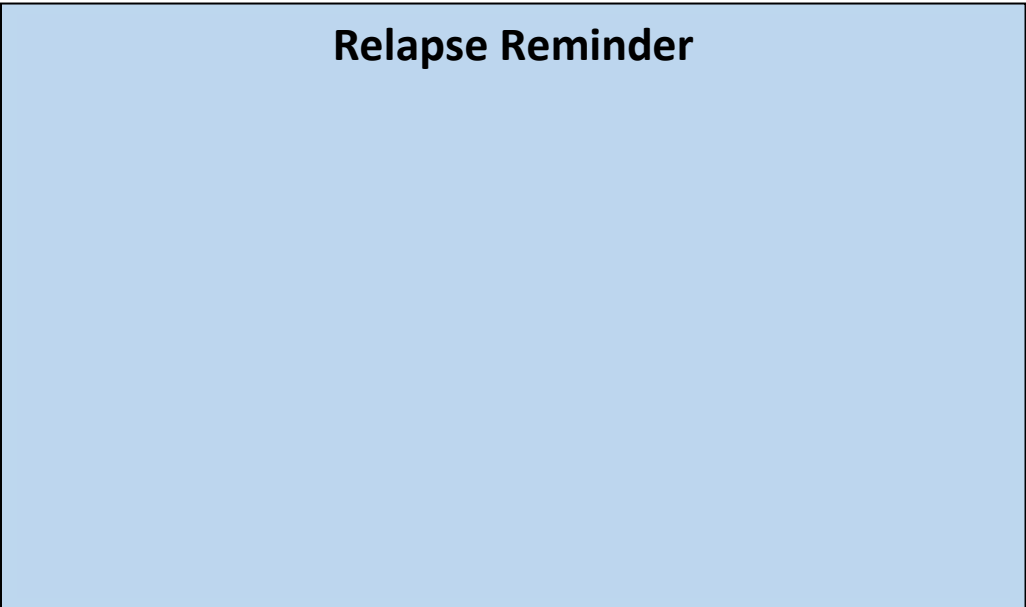
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Relapse Reminder

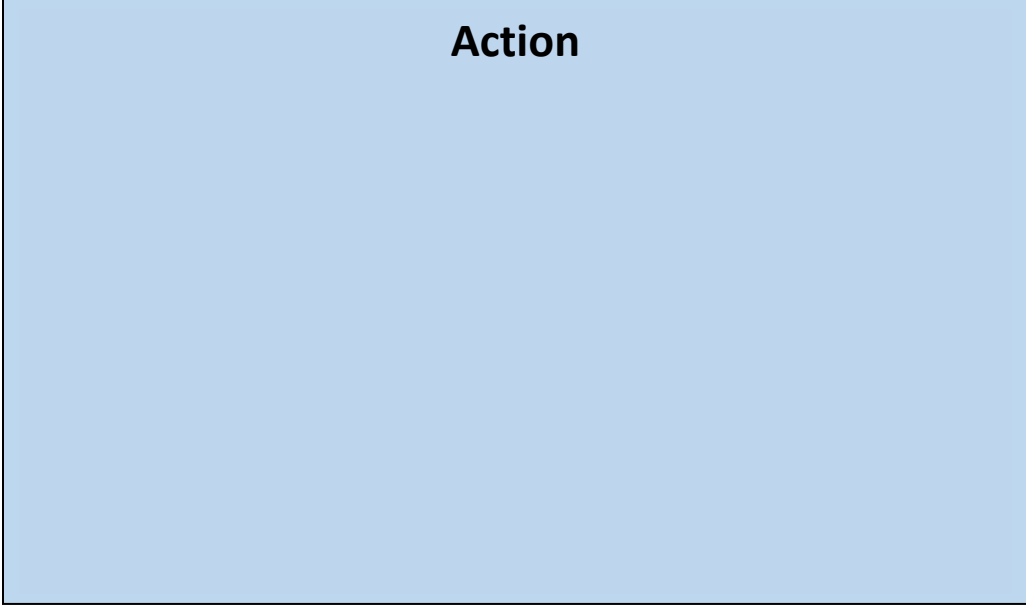


Dynamic Plays

Book Seven– Rick and Jane Learn to Cultivate Intimacy

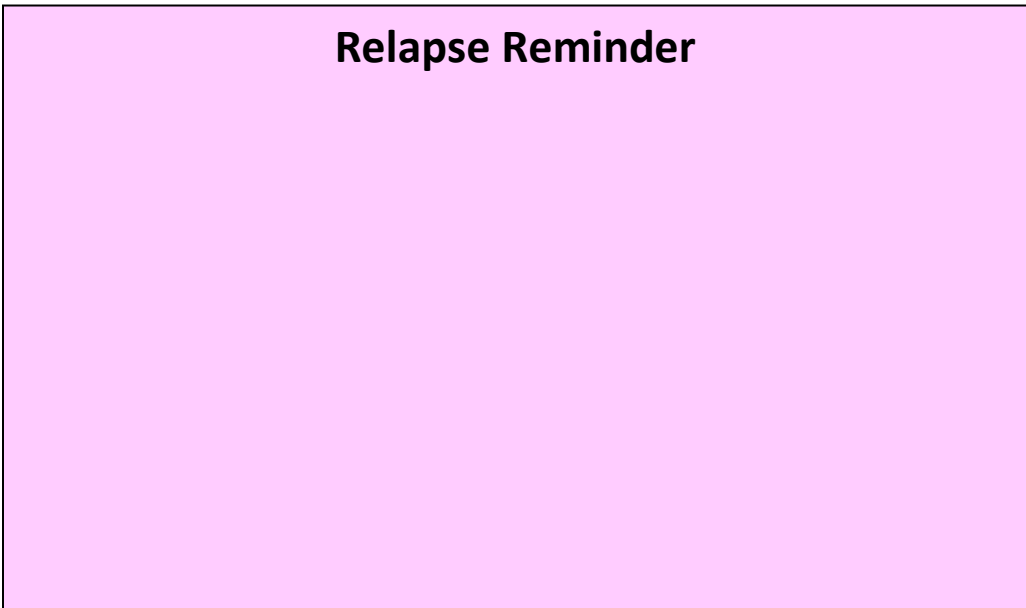
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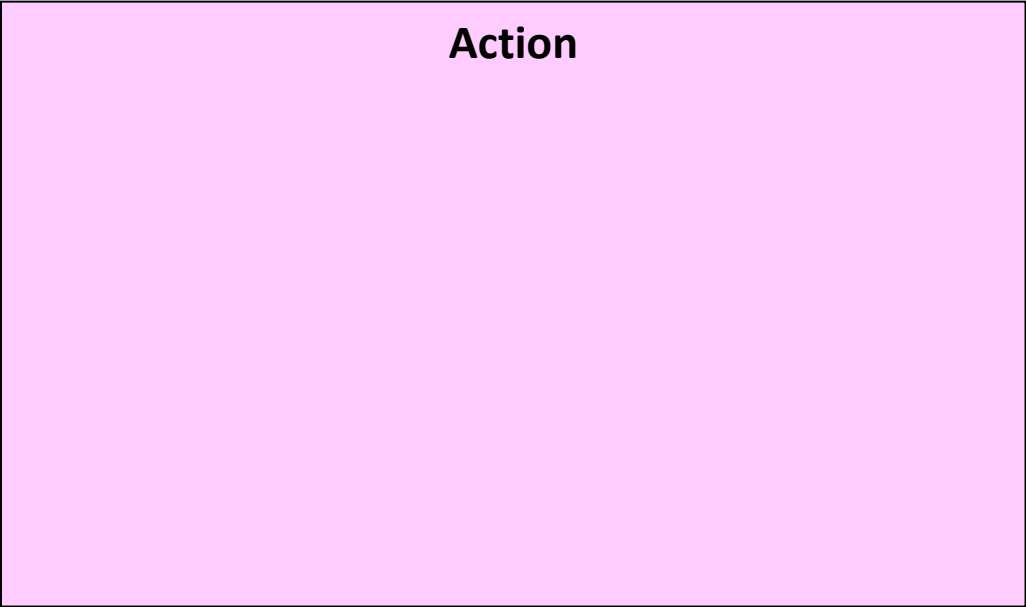


Dynamic Plays

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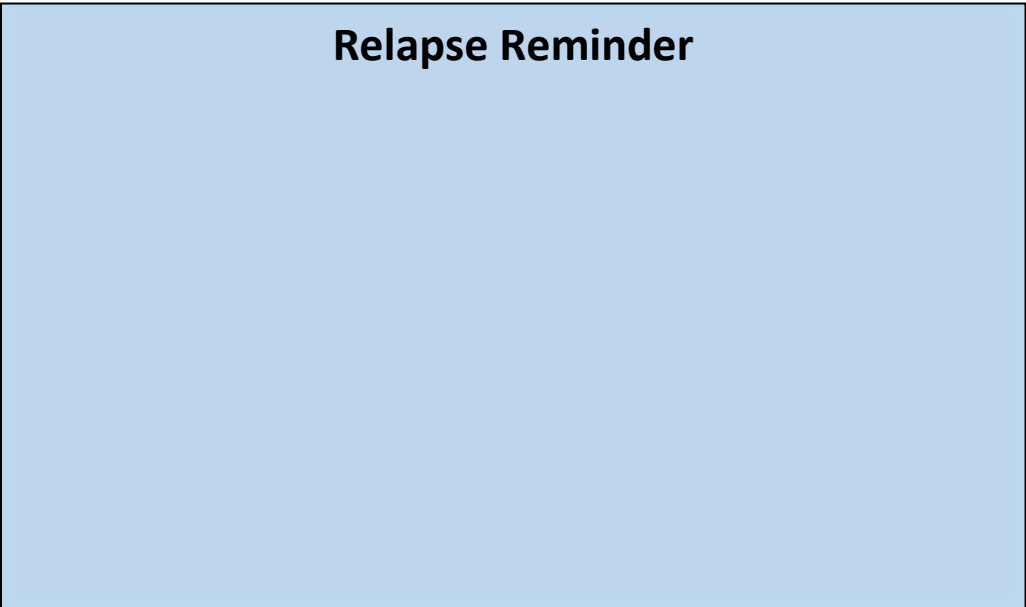
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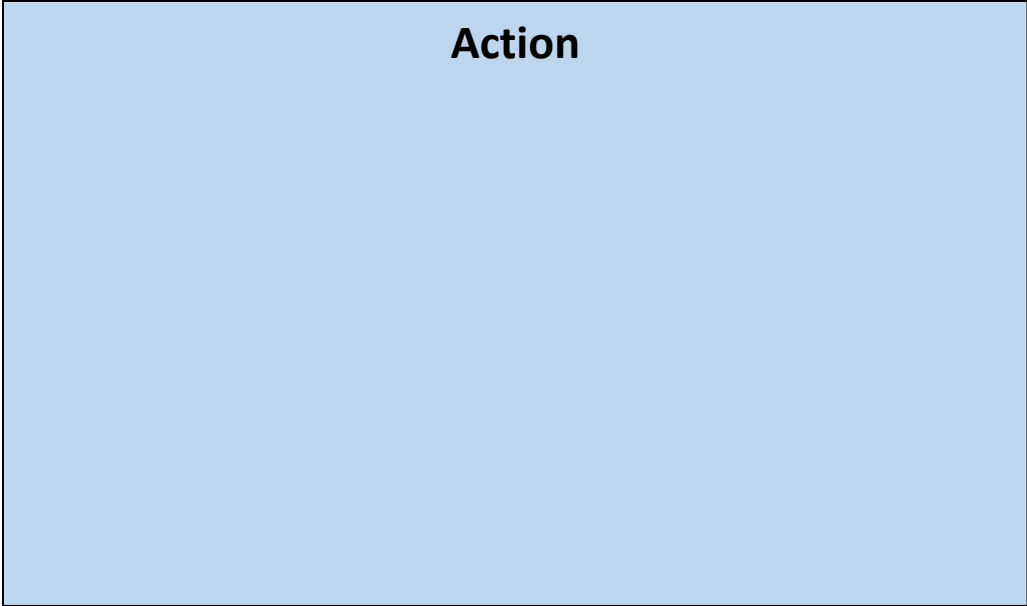


Dynamic Plays

Extra

What the **HUSBAND** agrees to do differently.

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Relapse Reminder



Dynamic Plays

Extra

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Relapse Reminder