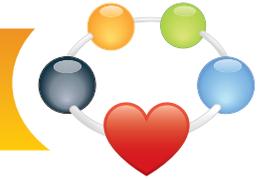




Giving to Others



Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.

Objective: Clients will understand how providing service to others can help strengthen their couple relationship.

Audience: This tool will help clients think about shared strengths, skills, and/or interests that they can put to use to serve others in and around their community.

Estimated Time: 15-30 minutes

Educator Instructions: Before reading the instructions on the tool, start with the Discussion Starter below or something similar. Talk about different causes the couple feels passionate about and would like to contribute to in some way. Discuss strengths and skills they possess that they can put to use serving those causes. If clients have difficulty identifying their strengths, ask about their different interests and identify some strengths you have noticed.

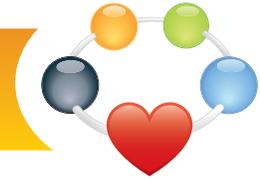
Discussion Starter: Just as couples benefit from the support they receive from others, they can also benefit by giving support. Finding ways to serve and connect with others gives more meaning and can help you strengthen your relationship. Let's think about different ways you already volunteer or serve others in the community, then we will talk about different strengths and skills you have in common and how you can work together to serve others.

Follow-up: During your next visit, ask how they provided service to others. Talk about how it felt to provide support to others and to connect as a couple. Discuss other ways they can continue volunteering or serving others in the future.





Giving to Others



When an individual does a good deed, it feels good. It gives that person a sense of accomplishment. When a couple does a good deed together, it has even greater meaning. Doing things for others provides couples with a greater overall sense of connectedness, both to each other and to their community. It also gives partners more time together!

What are some things others have done for you without being asked, or expecting anything in return? How did it make you feel?

Think of the last time you did something for someone else without needing to be asked. How did it make the other person feel? How did it make you feel?

What are some of your shared strengths or skills that you could put to use to help others?

If you already have engaged in volunteer work or service with your partner, what did you do and how did it make you feel?

Our lives are improved and our relationships are strengthened when we put our strengths to use by giving to and serving others.