

DEBRIEFING FOR SPONSOR COUPLE

Did we accomplish the goals for the session?

Were we good listeners or did we talk too much? Were we preachy?

Was our input clear and organized?

Did we give enough time for the individual and couple exercises?

Did we keep the conversation moving?

Did we bring out the shy person? Did we let one party dominate?

Did we share from our life story? What one thing do we hope they remember?

What was the best thing we did or shared at this session?

Did we lead as a couple or did one or one of us do most of the talking?

How do I feel about myself after this session?

Did we have a “know it all” or judgmental attitude?

Did we show concern and care?

Did we have a sense of humor?

Did the couple appear to be relaxed and comfortable?

What do we want do better or different next time?