Dear Reader,

The sheet below is provided as a companion to Chapter 7, "Imago Relationship Therapy Adapted for ADHD," by Carol Ann Robbins, PhD, in Adult ADHD-Focused Couple Therapy: Clinical Interventions, by Gina Pera and Arthur L. Robin, PhD (Routledge, 2016).
Guideline Summary for Imago Relationship Therapy (IRT) Sessions

Step 1: Tiger-Turtle Dynamic; Couple’s Dialogue
- Create a safe environment to help the couple commit to the process (10 minutes).
- Educate the couple about how their brains might function in typical arguments, the importance of safety, and the Tiger-Turtle dynamic (15 minutes).
- Teach the couple the Couple’s Dialogue and have them practice it (30 minutes).
- Explain the take-home exercise assignment and parameters (5 minutes): practice a Couples Dialogue at home.

Step 2: Appreciation Dialogue
- Check in with the couple regarding their take-home exercise of practicing the dialogue (5 minutes).
- Introduce and practice appreciation dialogues (10 minutes).
- Educate the couple about the typical stages of relationships and about some of the underlying Imago theory that may help explain their dynamics (10 minutes).
- Have the couple do another Couple’s Dialogue (30 minutes).
- Explain and assign take-home exercise (5 minutes): practice appreciation dialogues and another Couple’s Dialogue.

Step 3: Caring Behaviors Dialogue
- Check on take-home exercise (5 minutes).
- Do several appreciation dialogues (10 minutes).
- Educate them about the importance of caring behaviors, surprises, and having fun (5 minutes).
- Have couple fill out a Caring Behaviors sheet and do a Caring Behaviors Dialogue, followed by a belly laugh game such as imitating funny gestures (35 minutes).
- Explain the take-home exercise (5 minutes): Each partner performs one caring behavior daily for the other partner, gives each other one surprise, to has some high-energy fun.

Step 4: Behavior Change Request Dialogue
- Check on take-home exercise (5 minutes).
- Do appreciations (10 minutes).
- Teach the couple about expressing frustrations effectively (5 minutes).
- Explain and conduct a Behavior Change Request Dialogue (35 minutes).
- Explain the take-home exercise (5 minutes): conduct another Behavior Change Request Dialogue and to each complete a worksheet itemizing their vision of a dream relationship.

Step 5: Our Dream Relationship
- Check on take-home exercise (5 minutes).
- Do appreciations (10 minutes).
- Conduct the shared vision for the marriage exercise Our Dream Relationship (35 minutes).
- Wrap up and terminate or continue in therapy as desired.