

Theory A and Theory B: for couples

Theory A: "one of us is the problem and should change"	Theory B: "we have a problem and we need to change"
How is <u>one of us</u> the problem? Partner A Partner B	How are <u>we</u> the problem – what's our vicious cycle?
What is the evidence for Theory A? Partner A Partner B	What is the evidence for Theory B?
What should we do if Theory A is true?	What should we do if Theory B is true?