

## Note Cards for Role-Plays

### **Mary's note card - SITUATION:**

Although you love John very much and are aware of his genuine struggles with PTSD, he's really been getting on your nerves lately. He hasn't showered for over 4 days and has begun smoking cigarettes in the house again, which really bugs you. To top it off, he's now saying he doesn't really feel like going to your granddaughter's birthday party this weekend – an event you have been really looking forward to. You want to share your concerns with John.

### **John's note card - SITUATION:**

This is a really difficult time of year for you, as you lost several buddies in a bad combat situation during this month many years ago. You're feeling depressed and have been irritated with Mary lately because she's really nagging you. You're anxious about your granddaughter's birthday party this weekend because groups/crowds of people are difficult to be around. You wish Mary would just leave you alone.

*For the first role-play, give Mary the following card:*

### **Mary - Round One:**

You really lay into him, venting all your frustrations from the past few months. Your tone of voice becomes loud and angry, and you tell him how sick and tired you are of his “pity party.” You just wish he'd “get over it” and get back to being the husband you married.

*For the second role-play, give Mary the following card:*

### **Mary - Round Two (new and improved Mary!)**

Use the tools addressed in this session. Try the “softened start-up” and acknowledge this as a difficult time of year for him (an anniversary of a traumatic event). Select one issue to address rather than dumping all the problems at once. You are hopeful he will hear you.