

# Everybody Loves Raymond—Teaching Techniques

## Observation Guide

Please read through the questions and be prepared to discuss your observations with the class:

1. How does Debra start the discussion with Ray about asking for help?
  - a. What is the ratio of demands to requests stated by the couple?
  - b. How else do you think she could have begun the discussion?
  - c. How do you think Ray might have acted differently had she taken a different approach?
  
2. How do Ray and Debra's views of therapy differ?
  - a. How do these views correlate with traditional gender typing?
  
3. Which of the following cognitive distortions are expressed in the clip? All or nothing thinking, overgeneralization, mental filter, disqualifying the positive, jumping to conclusions, mind reading, fortune teller error, catastrophizing, minimization, emotional reasoning, should statements, labeling and mislabeling, personalization.

## Additional Questions for Discussion:

- a. What role does sarcasm play in the opening scene with Ray and Debra?
- b. How many times do you hear the couple ask each other for help vs. demanding help be given?
- c. The argument seems to be lacking validation, empathy and compromise. How might the couple use I-statements to communicate with each other and engage in empathic listening?
- d. What is Ray's response to Bernie and Linda's discussion about therapy?
- e. How does Ray nonverbally express his nervousness and concern?
- f. What distraction techniques does Ray use to avoid participating in the discussion about therapy? Are these effective?
- g. What skills do Bernie and Linda appear to have learned by going to therapy? How do these differ from the skills Ray and Debra have?
- h. While they are discussing the needs of their marriage in their bedroom, what does a "happy marriage" look like to Ray? To Debra?
- i. In this clip, how effective is the use of humor and sarcasm in masking one's emotions?
- j. According to John Gottman, couples engage in several different types of communication. Which type of communication styles are exhibited in the clip?
- k. Ray has concerns about his wife's potential alliances with the therapist. Which guidelines in the AAMFT Code of Ethics would preclude the therapist from engaging in such behavior?

## Small Group Activity

We just saw Ray and Debra engage in an argument that exhibited a lack of compromise, validation, and empathy. Role play 3 different ways how this argument could have played out?

1. How does Debra start the discussion with Ray about asking for help?
2. What is Ray's response to Debra?
3. What is the ratio of demands to requests stated by the couple?
4. What is the rate of escalation in the argument?
5. How does the argument end?

## Written Assignment

After viewing the clip, write a 2 page essay on the use of power in couple relationships. Be sure to cite specific examples from the clip and include answers to the following questions:

- Does Ray or Debra have more control over what happens with the couple?
- Who has the final say in this couple?
- How do you account for the power differential exhibited in this couple?
- Is this power differential typical among men and women in romantic relationships?

## Family Life Concepts demonstrated in the clip

- Families and Work
- Gender Role Socialization
- Couple Interaction Patterns
- Internal Dynamics of Families
- Decision Making Process
- Communication Skills
- Ethical Issues and Dilemmas
- Couples Counseling
- Metacommunication
- Stress Management