

# WORD CATCH

A FUN WAY TO UNDERSTAND YOUR PARTNER

Word Catch is inspired by the classic word association game. You start with a single word... then partners take turns sharing what it brings up. The practice is in catching the meaning and reflecting it back, instead of just reacting. It's a playful way to slow down, listen differently, and feel more understood.

## HOW TO PLAY:

1. **Pick a Word.** Choose one from the therapist-curated list, by category, at random, or make up your own.
2. **Take Turns.** Decide who will be the Speaker and who will be the Listener.
3. **Speaker Role** (5 minutes). Share what the word brings up... thoughts, feelings, memories, or needs. Pause whenever you want, so the Listener can reflect back.
4. **Listener Role.** Catch what your partner says by summarizing and empathizing. Reflect back the meaning and emotions without reacting yet.
5. **Switch Roles.** Trade places and repeat.
6. **Bonus Round.** Share what you learned about each another.



## TIPS FOR MAKING IT YOUR OWN:

- You don't have to use the full 5 minutes in each role. Start with 1–2 minutes if that feels easier.
- The Speaker can pause every 30–60 seconds so the Listener can reflect back. This makes it easier to stay present and engaged.
- Don't worry about the "categories". They're just ideas to spark conversation. Pick any word that feels useful today.
- The goal isn't to debate or problem-solve. It's to practice listening, catching, and connecting.

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# WORD CATCH FOR COUPLES

Practice catching the meaning and reflecting it back.

SHARE:	CONNECT:	ALIGN:
<ul style="list-style-type: none"><li>• Appreciation</li><li>• Worry</li><li>• Hope</li><li>• Stress</li><li>• Support</li><li>• Encouragement</li><li>• Dreams</li></ul>	<ul style="list-style-type: none"><li>• Together</li><li>• Empathy</li><li>• Bond</li><li>• Listening</li><li>• Pleasure</li><li>• Touch</li><li>• Partnership</li></ul>	<ul style="list-style-type: none"><li>• Gratitude</li><li>• Friendship</li><li>• Reliability</li><li>• Parenting</li><li>• Decisions</li><li>• Routine</li><li>• Goals</li></ul>
LEARN:	UNDERSTAND:	REPAIR:
<ul style="list-style-type: none"><li>• Home</li><li>• Teamwork</li><li>• Responsibility</li><li>• Respect</li><li>• Curiosity</li><li>• Time</li><li>• Adventure</li></ul>	<ul style="list-style-type: none"><li>• Creativity</li><li>• Freedom</li><li>• Safety</li><li>• Boundaries</li><li>• Shame</li><li>• Kindness</li><li>• Stability</li></ul>	<ul style="list-style-type: none"><li>• Criticism</li><li>• Forgiveness</li><li>• Resentment</li><li>• Secure</li><li>• Trust</li><li>• Mistakes</li><li>• Fairness</li></ul>
EXPRESS:	SPARK:	GROW:
<ul style="list-style-type: none"><li>• Strengths</li><li>• Phones</li><li>• Change</li><li>• Mental Load</li><li>• Marriage</li><li>• Conflict</li><li>• Comfort</li></ul>	<ul style="list-style-type: none"><li>• Love</li><li>• Romance</li><li>• Intimacy</li><li>• Vulnerability</li><li>• Playfulness</li><li>• Desire</li><li>• Passion</li></ul>	<ul style="list-style-type: none"><li>• Acceptance</li><li>• Commitment</li><li>• Closeness</li><li>• Legacy</li><li>• Future</li><li>• Patience</li><li>• Presence</li></ul>

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