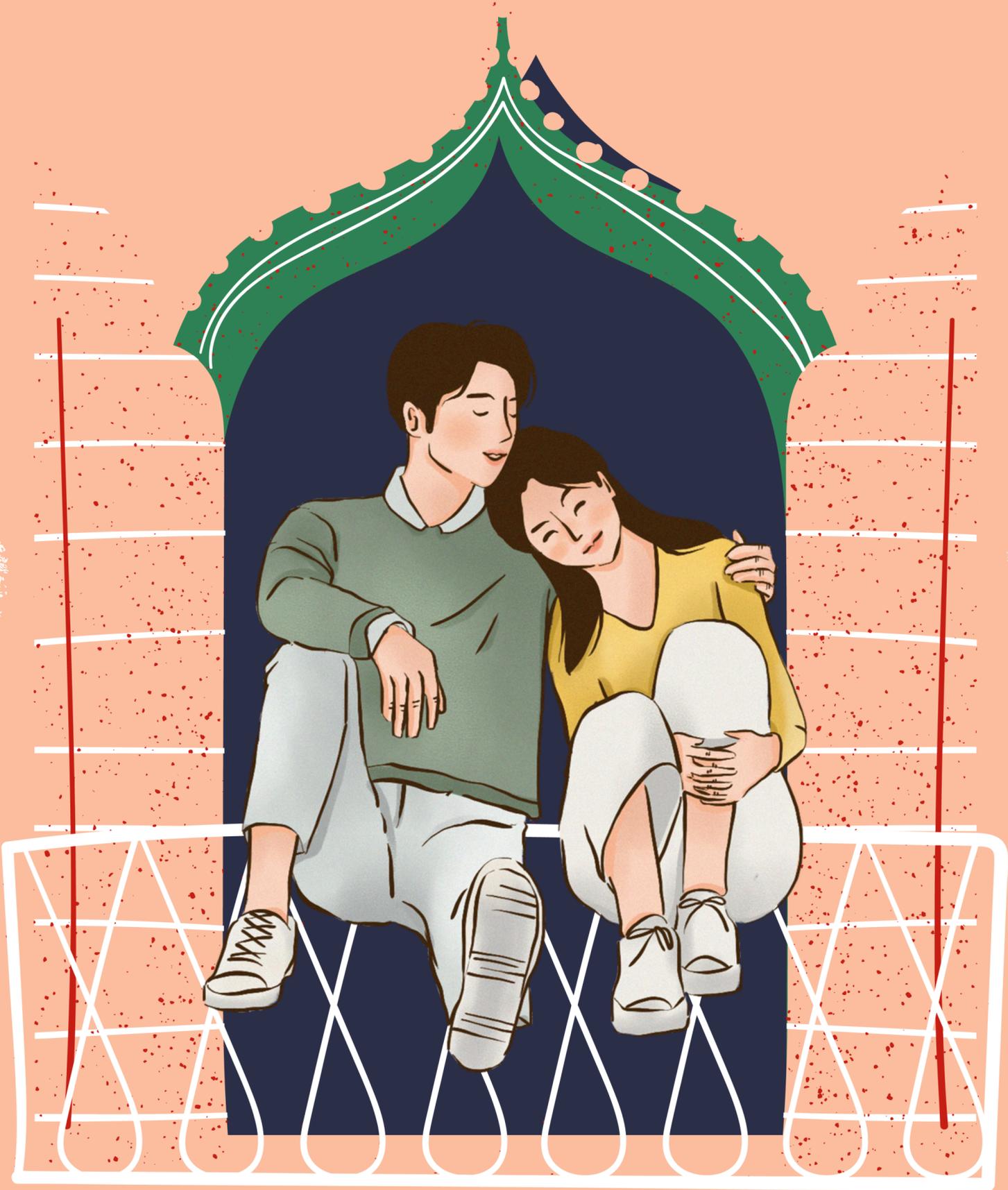
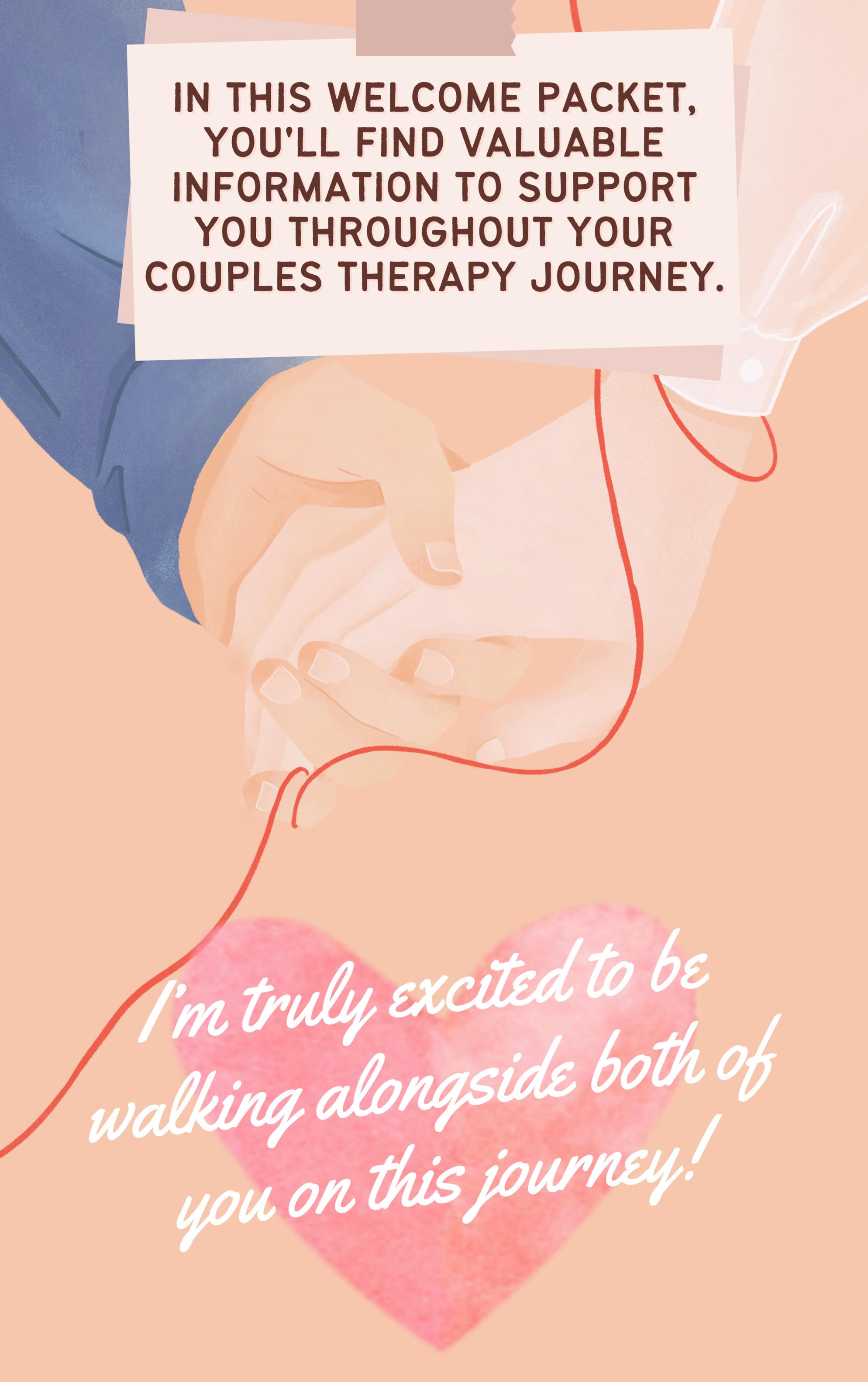


WELCOME TO COUPLES THERAPY



An illustration featuring two hands, one in a blue sleeve and one in a white sleeve, holding a red string. The string loops around and ends near a large, textured pink heart at the bottom. The background is a light orange color.

**IN THIS WELCOME PACKET,
YOU'LL FIND VALUABLE
INFORMATION TO SUPPORT
YOU THROUGHOUT YOUR
COUPLES THERAPY JOURNEY.**

*I'm truly excited to be
walking alongside both of
you on this journey!*

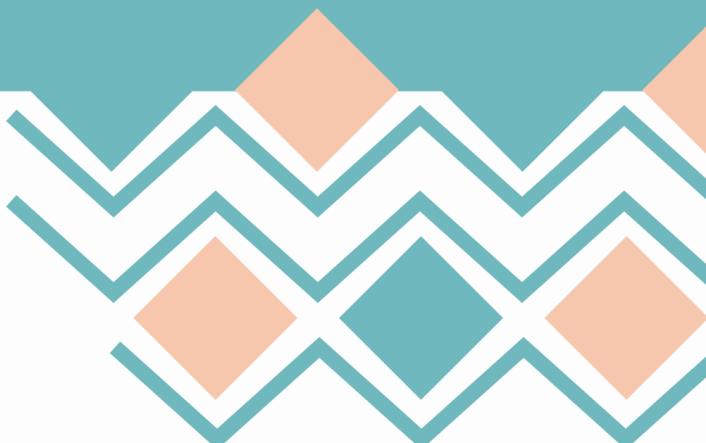


TABLE OF CONTENTS

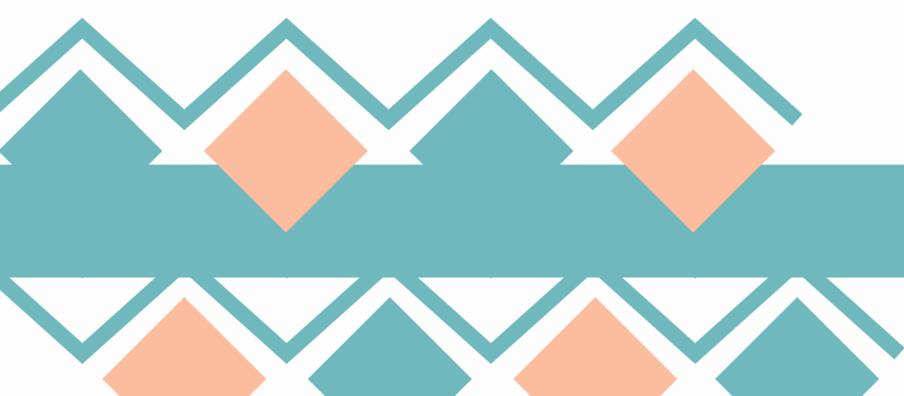
1 **Falling in Love**

2 **Love Becomes Complicated**

3 **What to Expect in
Couples Therapy**

4 **Couple Therapy Tips**

5. **What is the End Goal?**



In the Beginning

**“I love you so much.
I can’t picture life
without you.”**

**“I love you! You are the
best thing that ever
happened to me.”**



Falling in Love

“I can’t wait to see you again and feel your touch.”

“You are all I think about. I can’t wait to hang out again.”

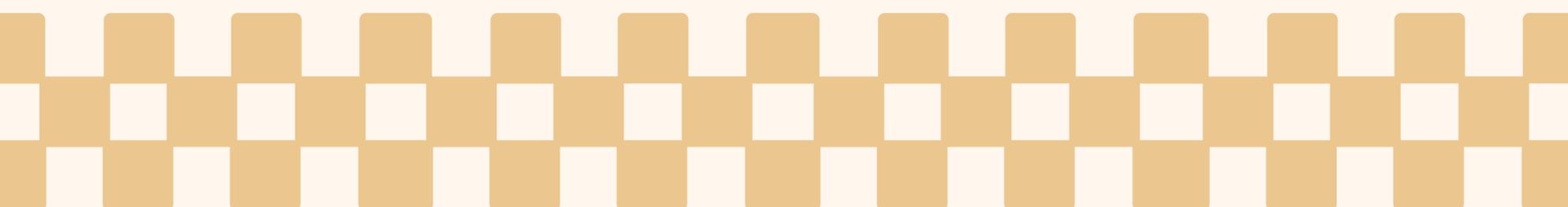


In the beginning, being together felt effortless, like a stroll through the park. We were so wrapped up in each other, totally smitten, and we could talk for hours without a worry in the world. We both wanted to show off the best parts of ourselves, listening intently and always seeing the good in each other and our future. Love was in the air, and you couldn't miss it.

LOVE BECOMES COMPLICATED



- 1 Stressors
- 2 Overworked & Exhausted
- 3 Kids
- 4 Relational Misattunements
- 5 Societal and Global Trauma
- 6 Miscommunication
- 7 Broken Trust
- 8 Past Unresolved Trauma
- 9 Emotional and Sexual Disconnection
- 10 Financial Challenges



Negative Cycle



Negative Cycle

One of the most destructive elements that can lead to disconnection in relationships is the negative cycle driven by painful emotions, which have taken on a life of their own. This cycle or pattern is the result of the cumulative impact of unaddressed hurts, moments of misunderstanding, and missed opportunities to connect, that pile up and get in the way of feeling close and connected.

While couples can experience a variety of unique patterns, one of the most common involves one partner withdrawing and distancing themselves (often in response to perceived or implied criticism), while the other partner responds by pursuing, often in an angry or critical manner (concealing their true desire to reconnect). The more one partner withdraws, the more the other pursues, trapping them in a recurring cycle.

"You are so selfish. You never listen to me! Go and be on your dumb phone."

"You are so emotional. You are always nagging and complaining!"

What We Hear

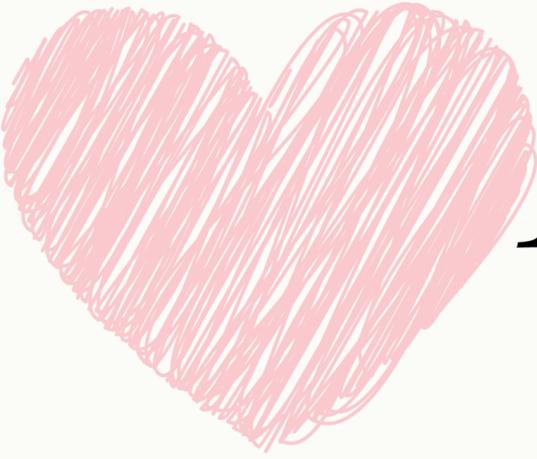


What's Going on Underneath

"I feel alone and not special to you. I get loud with the hopes you will hear my longing for intimacy and connection."

"I feel overwhelmed and inadequate. Your emotions feel so big to me. I don't know what to do. Out of fear I get defensive. I desperately want to be the partner that you deserve."

What to Expect



- I want to hear about your goals.

- I will explore each of your perspectives.

- I want to hear about your strengths.

- I want to hear about your hurts.

- I will explore your negative cycle.

- I will honor and explore your feelings.

- I will have you talk with each other.

- I will explore the wisdom of your body.

- I will provide relational wisdom.

- I will facilitate a safe environment.

- I will be your cheerleader and coach.

- I will periodically check in to make sure our work and relationship are going well.

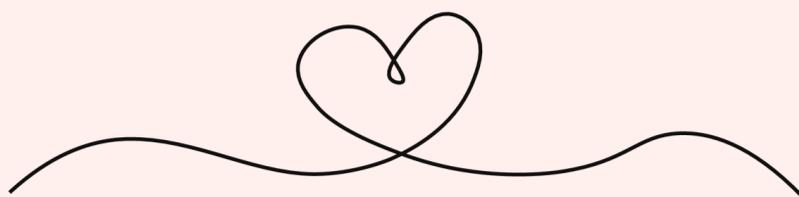
COUPLE THERAPY

TIPS



1. Embrace the Journey of ReConnection: Embrace the Journey of Reconnection: Many people come to therapy hoping that one or two sessions will "fix" everything. However, couples therapy is a journey focused on deepening your emotional connection. It's not a quick fix, but rather a process of growth and transformation. Understand that rebuilding and strengthening your bond takes time.

2. Explore the Pain to Find Healing: In therapy, we may confront painful emotions and experiences, but this is an opportunity for you to understand and heal those wounds together. Remember, I'm here to support and guide you through these difficult conversations, helping you move toward healing.



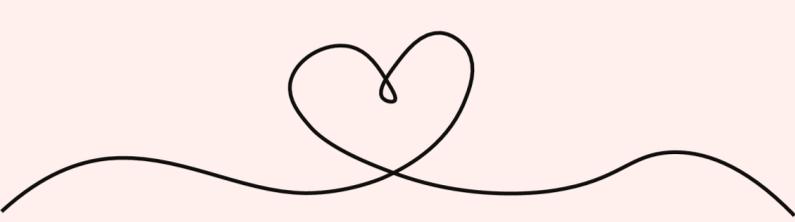
COUPLE THERAPY

TIPS



3. **Openness, honesty, and vulnerability are essential to the therapy process.** As our relationship becomes a safe space, be willing to share your true thoughts, feelings, and fears. This kind of vulnerability fosters deeper understanding and connection.

4. **Practice Active Listening:** Listening to your partner with empathy and without judgment is key—though it can be challenging at times. Both partners are encouraged to commit to truly hearing each other's perspectives, even when it's tough. If you get stuck, I'm here to guide you through it.



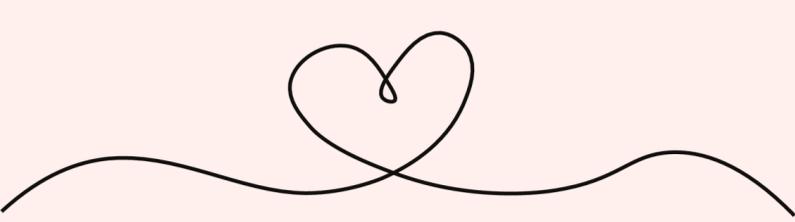
COUPLE THERAPY

TIPS



5. Stay Committed to the Process: Consistency in attending sessions and putting in the effort to work on your relationship between sessions is essential. Long-term change requires dedication from both partners. I'm committed to providing you with the utmost professionalism and care throughout this journey.

6. Be Patient with Each Other and Yourselfes: Transformative change takes time. Be patient with your partner as they go through their own growth, and be gentle with yourselves as you both evolve in this process. I understand that painful events and recurring patterns of disconnection can make this challenging, but patience is key to healing.



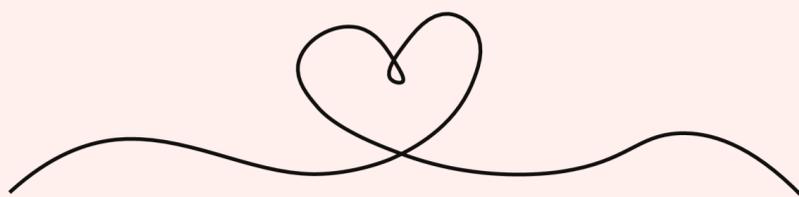
COUPLE THERAPY

TIPS



7. Embrace New Ways of Being: Together, we will work on enhancing your communication skills and emotional responsiveness. I'll guide you both in learning how to be more accessible, responsive, and engaged with each other. I encourage you to practice these skills outside of therapy to strengthen your positive interactions.

8. Trust the Process: Trust that therapy can lead to a more secure and fulfilling emotional connection in your relationship. I have a clear therapeutic map and know where we're headed, and I'm committed to walking alongside you every step of the way.



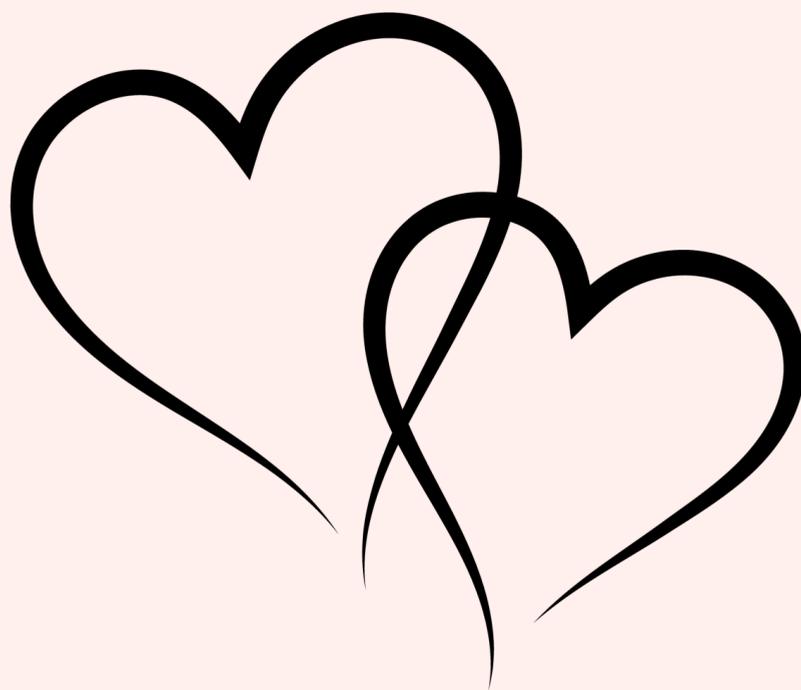
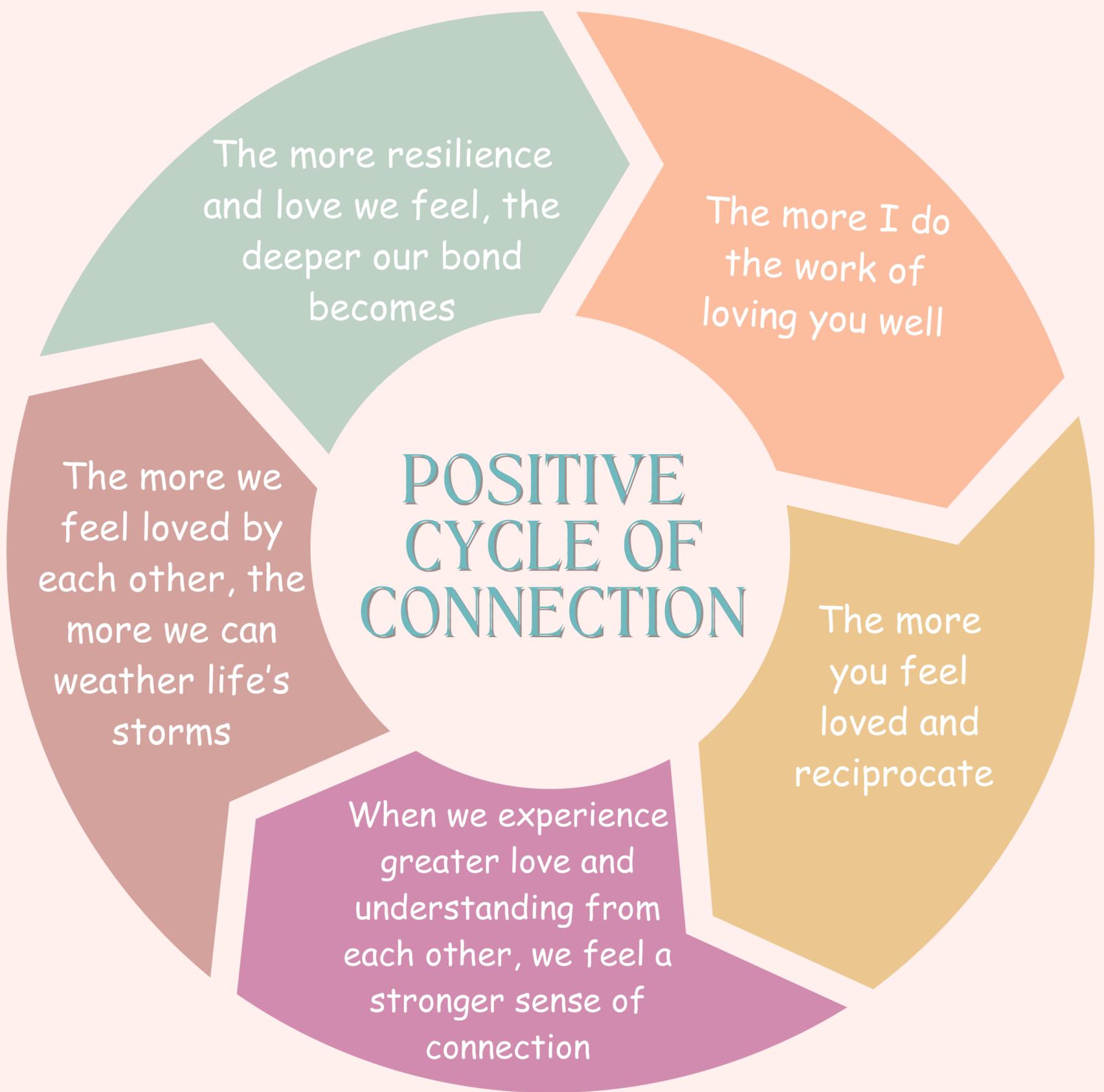
END GOAL



In the journey of couples therapy, we're not just working on fixing problems—we're tending to the emotional bond that holds you together. My aim is to create a safe space where we can explore the deeper feelings beneath your struggles, the places where disconnection and pain have taken root. Together, we'll focus on healing those emotional wounds, rebuilding trust, and helping you both feel more secure and connected. The goal is to create a positive cycle of connection, a relationship where you can turn toward each other with love and understanding, even when things get tough. It's about learning how to be there for each other in new, more responsive ways, so that you can face the future together with a stronger, more resilient bond.



Deepening the Bond





*I am looking
forward to
working with you!*