

Love Me Well. Love You Well.

SOMETIMES POOR HABITS, UNRESOLVED ISSUES, TIME, CHILDHOOD REARING, TRAUMA AND OR LESS THAN DESIRABLE LIFE EXPERIENCES, JUST TO NAME A FEW, DRIVE A WEDGE BETWEEN PEOPLE WHO DEEPLY LOVE ONE ANOTHER. WHEN PEOPLE GET TO THE POINT OF SAYING, "IF WE WANT TO LAST IN OUR RELATIONSHIP, WE NEED TO DO SOMETHING DIFFERENT," OR, "WE VALUE THIS RELATIONSHIP, WE WANT TO MAINTAIN OUR CONNECTION FOR THE LONG HAUL," THAT'S WHEN PEOPLE CONTACT ME. THOSE DEDICATED TO WORKING THROUGH THE EBB AND FLOW OF THEIR MOST VALUABLE RELATIONSHIPS DO THIS WORK TO MAINTAIN HEALTHIER CONNECTIONS WITH THEIR LOVED ONES BECAUSE THEY WANT TO LOVE THE ONES THEY LOVE AND TO BE LOVED BY THE ONES THEY LOVE.

1. DEEPEST DESIRE : If you could have everything you wished for within the physical, emotional and psychological spaces of your relationship(s) what would they be? How do you set yourself up for success or failure within your relationship(s)?

2. CURRENT DISCONNECTIONS : Where do you struggle within your relationship(s) and what are you currently doing in order to address your disconnections?

3. INDIVIDUAL NEEDS: How clearly and effectively do you communicate exactly what you want and need within the relationship and how consistent are you? How do you practice reciprocity?

4. COMMUNICATION : Is communication a strength or weakness within your relationship(s)? Do you feel valuable, seen, heard and respected within your relationship(s)? Do you encourage others to feel supported?

5. COURAGE WITHIN RELATIONSHIPS : Do you take the bull by the horns, troubleshoot, assess and resolve issues immediately or deflect, avoid, manipulate and compromise in areas that you should be attending to?

6. SESSIONS : These and many other topics of discussion often take place during our 60-minute \$150HR couples sessions, all of which create valuable insight and perspectives towards working in the direction people wish to better understand for future growth and prosperity together.

"WHAT DO YOU WISH TO ACCOMPLISH?"