

4 PHASES



STAGE 1: STABILIZE

This is where we start. Right now, things probably are feeling a bit chaotic, and we must stabilize the relationship and keep it from getting worse. This is where I will use my emergency room skills and find what we need to in this moment. We will work together to decode what you and your spouse really want and what is missing. I will assess the problems at this stage and look at the full picture to see what is preventing you from having what you want. I never make conclusions before I ask the important questions, and there is never any judgment. We do what we can in this moment. We work to find clarity so then we can logically discern the options. In this stage, we will be asking hard questions. Did you marry the wrong person? Do you deserve to be happy? What did you bring to this moment? How do we move forward?

STAGE 2: SUPPORT

Once we have stabilized the crisis, you get the advantage of having a second set of eyes to really understand how the problems started. We will use this phase to come beyond recognition and to an understanding of what each partner brings to the relationship and takes from the relationship. I will help you identify and support your emotions to this new understand. This may feel a bit like the set of Oprah. We will your emotions and understand them, then let them pass so that you can heal. There is no need to take weeks/years to understand that you are in pain. It is important to visit and acknowledge, but we will not live here long.



STAGE 3: STRENGTHEN

Now that we have been through the initial shock and trauma, it is time to grow. We are going to look at what relationship skills that are missing and get in the way of reaching happiness. We are going to create a plan to implement these new skills. And this isn't just something we are putting on paper and forgetting. We are going to work on a plan that is actually achievable, with real steps you can take right now. This is the teaching/planning phase where you can learn and work toward how to adapt and conquer your emotions toward one another.

STAGE 4: SET UP

In this phase, we set the relationship up for future success, no matter what that relationship looks like. We identify what is important to each individual and how that impacts the relationship. We will map out paths to achieve what is important to you. This step will build on the previous foundations of the relationship and make sure you have actions for the future. We delve deeper into what each partner wants to do moving forward. I ask the tough questions such as where does each partner want to go next? Once the path is clear with what each partner wants to do, I will map out a path to build on the foundation. This stage is all about taking risks to become who you want to be and to get closer to your dreams.

