

Therapy Starting Points

FOR COUPLES

Throughout your therapy journey, you may explore different areas of focus. Choose a starting point, and we'll revisit this focus as you work toward achieving your goals.

HOW IT WORKS:

- **Choose Your Focus:** Pick the area that matters most to your relationship, whether it's communication, trust, or something else.
- **Personalized Plan:** We'll create a custom coaching plan to address your unique needs and goals.
- **Ongoing Support:** As you grow together, we'll adjust the plan to keep you moving forward.

Stellar Intimacy



For couples looking to reignite or deepen their emotional and physical connection.

Focus on:

- Building emotional intimacy through vulnerability.
- Enhancing physical intimacy and understanding desires.
- Re-establishing connection during difficult times.

Stellar Communication



For couples seeking to improve how they talk and listen to one another.

Focus on:

- Active listening techniques.
- Understanding and expressing emotional needs.
- Conflict resolution without escalating arguments.

Stellar Conflict Resolution



For couples who struggle with managing conflicts and resolving disagreements.

Focus on:

- Understanding each partner's conflict style.
- Using problem-solving frameworks to resolve issues.
- Learning to move forward after disagreements without resentment.



Stellar Trust

For couples looking to rebuild trust or strengthen their commitment.

Focus on:

- Identifying areas where trust may need to be rebuilt.
- Creating action plans to demonstrate reliability and integrity.
- Strengthening the foundation of your long-term relationship.



Stellar Teamwork

For couples looking to enhance their teamwork and daily collaboration.

Focus on:

- Defining roles in household and relationship responsibilities.
- Collaborating to solve practical life issues (finances, chores, etc.).
- Approaching life's challenges as a supportive team.

Stellar Life Goals



For couples who want to align their long-term goals and dreams.

Focus on:

- Discussing and aligning individual and shared life goals.
- Setting realistic timelines and plans for personal and joint growth.
- Balancing relationship responsibilities with individual pursuits.

Stellar Friendship



For couples who want to nurture the friendship aspect of their relationship.

Focus on:

- Rebuilding fun and lighthearted connection through shared activities.
- Deepening emotional intimacy by learning more about each other's interests and thoughts.
- Making time to laugh and enjoy life together.

Any Goals Welcomed:

Don't see something you want to work on? No problem! You're more than welcome to bring any personal goals or challenges to the table. I'm here to help you tackle whatever's most important to you, so feel free to make this journey completely your own.