

Fundamentals – how to fix your relationship and build a loving, caring one that lasts!

In this series of four sessions, you will learn fundamental psychological skills that will help you manage your relationship.

This four-step program is the starting point to help you cope with issues such as: feeling disconnected, misunderstood, hopeless, partner behaviours that threaten the relationship, affairs, anger, arguments or even getting good relationships.

This is a basic program that will make a significant difference to the way you think, feel and behave with your partner. It will provide you with the understanding and skills you need to develop a loving, intimate relationship that will remain strong through difficult times.

Once you know these basic skills, you will never be without them. The only way they cannot work is if you don't practice them. Hundreds of my clients have completed these four sessions and have started on a new journey that has changed their relationships forever.

All the very best, Dr Sharyn

Step	Label	It feels like... <i>fear</i>	Step Changes
1	Assessment	8/10 or 9/10	Negative to optimistic In Session 1, we'll discuss what the problems are and how they have affected your relationship. It's okay that you feel stuck and confused: I will ask you lots of questions. We'll try to figure out what is really happening. When we fit your problems into relationship theory, we know where to start. At the end of this session, you will have an idea of what you can do next.
2	Understand	7/10 or 8/10	Hidden to observed In Session 2, we will talk about the emotional connection between you two and the interaction that happens when this connection is weak. Specifically, we'll pay attention to the way you both trigger and respond to each other when there's conflict. We'll break apart these responses – which are really like a Dance between you – and start to rewrite and change them. On the way, we'll uncover the deeper more hidden feelings, so we can build a stronger more connected relationship.
3	Doing	6/10 or 7/10	Automatic to controlled In Session 3, we'll tackle the behaviours that happen when you get stuck in the Dance. Your brain responds automatically to your thoughts and feelings and these often drive your behaviours - we will change them to build a more loving and caring relationship. We'll also start to change the patterns of behaviours that you repeatedly use in times of relationship conflict – such as avoiding, hiding, shutting down, refusing to engage or being persistent, demanding or uncompromising. We'll use the results of your assessment questionnaires to guide our work.
4	Feelings	5/10 or 6/10	Unregulated to regulated In Session 4, we'll work on persistent feelings and learn skills and strategies to help build the emotional connection between you two. I'll take you through a role-play of an emotional conversation that will change your relationship forever. You will have a clearer idea of what's important to your partner emotionally and be able to respond appropriately. We'll use this session to add strategies and tools you might want and to answer questions that you have. By now, you will know how what makes relationships work, (and what brings them down) what you can do to make your relationship function well, and how to respond to your partner emotionally. You have the basics to building a strong, resilient and loving relationship. Now to do the work!