

*Carol Grace, MA, LMFT
Licensed Marriage & Family Therapist
0189 JW Drive, Suite D, Carbondale, CO 81623
(970) 920-7683; fax: 963-9411; carol@sopris.net*

Couples

*Consider why you are together; what agreements you have and, if they are clear, do they make both of you happy?
Do you regularly demonstrate appreciation for one another? Are you aware of your conflict styles and how to make repairs?*

A Definition:

A couple is “two best friends celebrating profound companionship while maturing and growing together...the well-being of each rests in devotion to the well-being of the other...to ensure the other’s comfort, safety, and security at all times. It is not the intention of the giver but the experience of the receiver that determines the effectiveness of actions that are intended to be pro-relationship.”

“In all intimate partnerships, people make both pro-relationship and non-pro-relationship behavioral choices. Pro-relationship choices tend to be experienced as loving (they increase the perception of security), whereas non-pro-relationship choices tend to be experienced as unloving (they decrease the sense of security).”

from “Love and War in Intimate Relationships”, by S. Tatkin

In Couples Counseling, we explore all of the above together; the considerations, obstacles, clarifications, guidance and support for the intentions of the relationship.