

If your marriage is perfect, you can stop reading this.

If you continued on, you probably already know there is no such thing as a perfect marriage. Even the healthiest ones have their flaws, and all of them require consistent effort. The good news is, there is such a thing as a **rock-solid marriage**—a union rooted in mutual respect, affection, and passion. The **Rock Solid Marriage Program** helps you reinvent your relationship and create the solid connection that's been eluding you.

- Do you and your partner have the same fights over and over again?
- Do you find yourself wondering where the spark—the *connection*—has gone?
- Would you rather suppress your feelings than risk another blow-up?
- Do you wish you could affair-proof your marriage?

Rock Solid is an intensive, 12-week marriage counseling program that combines the structure of an interactive workshop with the discretion of private counseling appointments. We focus on rebuilding the four factors of a solid, healthy marriage:

Master the Safe Zone: Every couple needs a place where they can communicate without the shouting, name-calling, and belittling that can so quickly unravel a marriage. We give you a communication toolbox to help you express your thoughts and feelings and resist the primal urge to protect yourself by lashing out at your partner.

Find Your Keys to Connection: The DNA of our interactions consists of a combination of desire and fear. By striking a healthy balance between the two, you'll build a bond that is solid and irreplaceable.

Manage Trigger Moments: We all have certain buttons that only our partner knows how to push, ruffling our feathers and causing anger flare-ups. We teach you to get your message across in a calm, effective way, without letting your emotions take over.

Rekindle the Passion: "I just don't feel the spark anymore." It's the main complaint among couples who have been married for several years. With today's busy couples juggling careers, parenthood, and daily obligations, it's all too easy to put passion and pleasure at the end of the to-do list. We help you make emotional closeness a priority again.

The 12-week Rock Solid program includes in-depth assessments, 6 couples sessions, 6 individual sessions, "homework" assignments, and workbook exercises that will teach you time-tested techniques for "life-proofing" your marriage.

Yes, it's intensive. But shouldn't it be? After all, this is an investment in the health and happiness of your most important relationship.

Ready to make your marriage solid again? Call us today to get started.