Mastering Traction
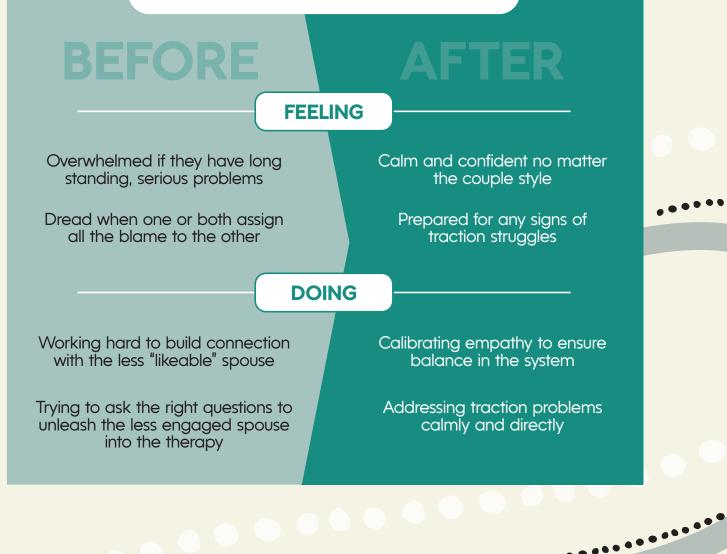
BEFORE | AFTER

FEELING

BEFORE
Overwhelmed if they have long standing, serious problems

Dread when one or both assign all the blame to the other

AFTER
Calm and confident no matter the couple style

Prepared for any signs of traction struggles

DOING

BEFORE
Working hard to build connection with the less "likeable" spouse

Trying to ask the right questions to unleash the less engaged spouse into the therapy

AFTER
Calibrating empathy to ensure balance in the system

Addressing traction problems calmly and directly

The Doherty APPROACH
A Division of The Doherty Relationship Institute