

Relationship Renewal

The psychotherapists and coaches at Silicon Valley Therapy use our proprietary tools and approaches to renew your relationship using a 7-phase model.

You can't go back and change the beginning, but you can start where you are and change the ending - C.S. Lewis



Phase 1 - Our Stories
My story, My partner's story,
Our story

Phase 2 - Understanding Myself and My Partner
Emotional and social intelligence with the Enneagram
Understand different brain types as they relate to
emotional and social intelligence

Phase 3 - Love and Intimacy
7 components of intimacy, Types of love

Phase 4 - Communication
Types of communication, 3 approaches to conflict
Managing the neurobiology of emotional escalation
Identify and neutralize triggers

Phase 5 - Dialogue, Reconciliation, and Assessment
Identifying and healing personal and relational wounds

Phase 6 - Vision
Establish a vision for your relationship and rewire your
brain to support that vision

**Phase 7 - Sustaining love
and intimacy and/or
redefining the
relationship**



Research shows that one of the biggest challenges for couples in trouble is that they wait too long to get help. Contact Silicon Valley Therapy for help if your relationship is struggling or it's time for renewal.
www.SiliconValleyTherapy.co 408.409.4167 (phone and text)