

COACH CHARMAINE ASHBY'S MARRIAGE COACHING GUIDE

Helping individuals and couples reconnect with purpose, clarity, and confidence.

C - Check the Story

- What feels hard, and what story are we attaching to it?
 - Are we assuming what the other person feels without asking?
 - Is there a belief that love should always feel easy?
- > *That may be a lie. Conflict doesn't always mean the end. Silence doesn't always mean indifference.*

H - Hear the Hurt

- What part of you feels unseen or misunderstood?
 - Is there grief, betrayal, or fear that hasn't been addressed?
 - What would you say if you knew it would be received with care?
- > *You can't heal what you keep buried. Listening without defensiveness is a form of love.*

O - Own Your Part

- What responsibility do I need to take for how we got here?
 - What have I avoided, denied, or contributed to?
 - Am I showing up the way I want to be remembered?
- > *Accountability isn't the same as blame. This is about owning your side of the street with grace.*

O - Open New Dialogue

- What conversation have we been avoiding?
 - What questions feel risky but necessary?
 - What if we stopped trying to win and started trying to understand?
- > *Real intimacy begins with real dialogue. Speak truth with softness, and listen with intention.*

S - Set a Direction

- What does forward look like-together or apart?
 - What are we choosing next? Repair? Pause? Closure? Renewal?
 - What support do we need to move with clarity?
- > *This guide is not just about staying together. It's about choosing courage over confusion.*

Suggested Next Step

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To take the next step or schedule a session, contact me directly:

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