

LOGICALLY EMOTIONAL | COUPLES

A Six Week Guide to discovering the Logic in your Emotions



There was never anything wrong with you — only wrong messaging

This program is designed to guide individuals on a journey of healthy emotional discovery by helping them understand the logic behind their emotions. Rather than viewing themselves as irrational, inconvenient, or BAD, this program invites participants to see themselves as they have always been: Amazing human beings full of self-worth, value, & belonging.

Your emotions make logical sense; and you know it

That's why you fight for them as hard as you do!

Developed by Certified Emotionally Focused Therapist Joshua Alston, LMFT

"This program was created because traditional therapy just wasn't good enough. Week after week I met with clients who weren't progressing fast enough, they were just surviving. I needed to find the answer to how I could help them change from survival mode to healthy mode faster. This is that answer! I didn't just want to help clients feel good, I wanted to help them know how they got there."

Emotions are logical. When we stop fighting the very essence of who we are and learn to use our emotions as a healthy tool we create a truly healthy life that we control.



What makes this program different? This program will teach you to uncover the lies that you were told your whole life. The biggest one being "There was something wrong with you for being you". There is nothing wrong with you, there never was! The truth is that you have always been good. You were just trapped. **Break Free!**

Take control of your life and choices:

- Learn why your actions and thoughts make sense and the **TRUTH** your body has been trying to tell you
- Learn what lies you have been told and how to **REWIRE** unhealthy and misunderstood programming
- Access **EMPATHY** for the past & learn to use healthy emotions to **CLEANSE** out negativity beliefs
- Discover true capacity for self-worth, self value, & belonging within self - **"I AM AMAZING!"**
- Experience love & **BELONGING** within your relationships & learn to amplify others emotionally
- Create a powerfully secure **CONNECTION** of emotional & sexual intimacy with your partner

"That's just the way things are" doesn't have to be the way things are any longer

Don't delay! This program is limited to 10 Couples

6 Week Program Includes:

- ~ Free consultation with Joshua to see if you are a good fit (not everyone is ready right now)
- ~ 6 hour in person educational group training/workshop led by Joshua

Saturday August 23 from 9 - 4p @ The Westin Tempe

(materials, snacks & drinks included / hour lunch break - lunch not included)

- ~ 6 weeks (Aug 24-Oct 3) focused training through videos & daily accountability & practice
- ~ 6 weekly Tuesday evening group Zoom calls with Joshua to ask questions and check in
- ~ Access to text Joshua questions throughout 6 weeks
- ~ Access to private Facebook page & community
- ~ Continued access to videos to work this program
- ~ A judgement free space to safely discover how to feel
- ~ A way to take control of your life



\$1800 / Couple

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BONUS > * A chance to earn up to \$800 back (\$400 per person) through meeting daily goals
***** * 1 night hotel stay at the Westin Tempe Saturday night (8/23) after the training
***** * Personal money back guarantee from Joshua (consult Joshua for details)

For more info please email AlstonMFT@gmail.com or call/text 480-442-4577