

Phase 1: HOPE & HEALING INTENSIVE (Intake, plus 4 individual sessions)

- Review of history (relationship & family of origin)
- Giving “Grace & Space” to each other
- Individual goal setting
- Separate Sessions: Addressing individual needs /issues
- Neurodiverse relationship education
- Self-Care & Self-Control
- Emotions: Anger, anxiety, and grief
- Boundaries & Staying in your lane

Outcomes:

- ***Reduction in conflict***
- ***Focus on Self, not the other***
- ***Improved self-regulation***
- ***Owning your deficits & triggers***
- ***Learning to accept feedback***

Phase 2: EQUIP & ENERGIZE (4 – 8 Individual & Joint sessions)

- Conquering Shame & Blame
- Perspective taking
- Neurodiverse communication strategies
- Joint sessions: Conflict resolution
- Apologies & Forgiveness

Outcomes:

- ***Improved communication***
- ***Solving problems & Repairing***
- ***Learning to be a team***
- ***Building confidence & hope***

Phase 3: GO THE DISTANCE: ENDURANCE TRAINING (4+ joint sessions)

- Accountability & Support systems
- Communicating proactively
- Validating & appreciating emotions
- Complex Problem Resolution
- Health, Fitness & Sexual Intimacy
- Serving & Mentoring Others
- Leaving a legacy of healthy relationships

Outcomes:

- ***Acceptance & Accountability***
- ***Rebuilding healthy trust***
- ***Healthy interdependence***
- ***Increased fruitfulness in life***