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Common challenges are:

- Feeling stuck, hopeless and depressed
- Having the same arguments over and over again
- Problems communicating
- Lack of connection, intimacy and sexual connection
- Recent traumatic event, i.e., an affair
- Anger and resentment
- Lack of trust
- Problems working as a team
- Parenting Problems
- Work and family life balance
- Overwhelm and stress
- Problems with x-spouses, in-laws, and other relatives

This plan may call us to:

- Learn tested skills to more effectively and skillfully communicate
- Resolve conflict
- Handle disagreements
- Make repairs when there are hurt feelings or unfulfilled needs or expectations
- Promote harmony, joy, fun and intimacy
- Deal directly with a current crisis (i.e., infidelity, illness, sudden life change, etc.)
- Develop greater empathy & understanding for one another through review of your Enneagram Points of View and Myers Briggs Types
- Change your thinking, i.e., how you think about yourself, your partner and the problems in your relationship
- Deal with anger, hurt and resentment whether about current or past issues
- Discover how stress pollutes your relationship and what you can do about it
- Uncover and gently heal family of origin issues that influence how you relate to one another
- Recognize patterns of interaction that lead to a dead-end and replace these with patterns that lead to greater intimacy and love
- Awaken and rekindle romance, sensuality, sexuality and passion