
A Secret That Can Help You Feel Close Again



ENVISION
COUNSELING CLINIC

Is there distance in your relationship?

Do you blame each other?

Does it seem like your spouse doesn't care anymore?



Here's the secret

Your spouse can't make you feel better.

You may not believe me...because there was a time when your spouse ~~did~~ make you feel better.

Early on in our relationships, we experience an incredible boost in mood when we are with our loved one, or even when we **think** about our loved one. There is a thrill of possibility and the euphoria of being chosen. There are the drug-like effects of oxytocin and other bonding hormones.



Doesn't it look like these two make each other happy? Don't worry. In a few years (or months), this too shall pass.

When the honeymoon fades, we still expect our spouse to make us feel better. But it doesn't work.

Your spouse can't make you feel better

...when you feel sad
...when you feel angry
...when you feel bored
...when you feel hurt
...when you feel resentful
...when you feel overwhelmed
...when you feel insecure
...when you feel anxious
...when you feel guilty
...when you feel ashamed
...when you feel lonely
...when you feel incompetent

When you expect
your spouse to
make you feel better
(and they don't)
it causes problems.



Why Is This??

FIRST

You are in emotional angst

You expect your spouse to solve the angst

Your spouse doesn't help (enough)

You react in ways that...
let's just say you don't exactly draw your spouse in



IN THE MEANTIME

Your spouse doesn't know the angst, but they know they failed you.

They feel criticized, attacked, inept

They defend themselves

They react in ways that...
let's just say don't make you feel better



THE RESULT



D I S T A N C E

But now you know the secret
Your spouse can't make you feel better.

If you want something different,
(like closeness)



you're going to have to do something different.

Here's How to Feel Close Again

1. Become aware of how you feel. Don't expect your spouse to read your mind. They can't.



2. Learn what your emotions are telling you. Our emotions have a purpose. They are telling us something important!

3. Resolve the emotion. Do what you need to do. Change how you think. Change what you are doing. Ask for help.



It's human nature to stay in the emotion you feel. You have to intentionally **move** out of the emotion.

When you **OWN** your emotion

by knowing what it is
by figuring out what it's telling you
by doing something about it

It's a **WIN-WIN!!**

Your spouse can be

- curious (instead of inept)
- engaged (instead of defensive)
- caring (instead of withdrawn)



You can

- feel better (instead of powerless)
- feel warmth toward your spouse (instead of anger)
- move on with your day

Winner winner...



You can feel close again. We can help.



Marriage Counseling

In person or Teletherapy

**Castle Rock
Park Meadows**



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