

## ***Relationship Retrieval***

~ is a four stage process I developed to transform a marriage/intimate relationship that is wounded and lost into a thriving, respectful and loving partnership.

**Respect** is the foundation, and an essential element for healing.

### ***Rescue***

In the first stage of ***Rescue***, we literally acknowledge the parts of your relationship that have been injured, drowning or may actually be dying. ***Rescuing a relationship is nothing short of a miracle. And the miracle needed is a change in perception.*** It requires a spiritual letting go of the power struggle between you and another or you and your true self. And, the concepts of “right” and “wrong” need to be tossed out, too. From here, we travel into the “unknown.” ***But remember, I’m here with you and for you; and I have traveled many a thousand miles along this journey.***

### ***Revive***

In ***Revive***, we actually ***resuscitate or bring life or consciousness back*** to your relationship or circumstance. You will no longer be sleepwalking through your life. You will see things in vivid color and have the support and encouragement you need to set clear intentions and keep moving forward.

### ***Recover***

In the ***Recover*** stage, ***we get back what was lost*** - aspects of your relationship with self, spouse, partner, or life path. ***There will be grieving*** and you will be encouraged to share this process maybe for the first time. It is cleansing and healing to do this. You will feel lighter and ***your burdens will be lifted to a place of hope and possibility.***

### ***Rebuild***

This is the stage of ***making the extensive repairs to restore functionality*** to your relationship and your life, and ***insure you succeed and flourish*** over the long haul. It’s common at this stage to realize you don’t ever want to return to the relationship you once had. ***We take your strengths and use them to reinforce a new foundation.*** Rebuilding a relationship is like rebuilding a house. You’ll decide the size, dimensions, rooms, fixtures and landscaping, so to speak. ***I’ll be your architect and builder. I can tell you what works and what doesn’t*** based on 40 years of the best research on marriage from the Gottman Institute. And I’ll add my own professional touches based on my 34 years of experience helping women, men and couples build relationships that not only succeed but flourish with spiritual meaning, joy and life purpose.

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To guide you successfully through these four stages, I will help you cultivate and maintain mutual **Respect**, a willingness to feel and show genuine love, honor, appreciation and consideration for one another. This style of relationship will become your new normal from now on.

If there have been **betrayals** of any kind, **we put a prevention plan in place** so you don't ever have to repeat the destructive patterns that led to the betrayal, broken trust and life crisis.

### How long does it take to "Retrieve" a Relationship?

The time you spend with me in therapy **depends on several things:**

- the complexity of your situation
- whether trust is severed
- how long the problems have existed
- if there is any addictive behavior that needs attention
- any background influences that have not been resolved or healed
- the strength of your commitment to work on changing yourself, your life and your relationships both in our sessions and between sessions
- practicing the "new" behaviors I recommend and assign as homework
- any additional reading you do on your problem areas

Retrieving your wounded and lost marriage or intimate relationship is the very best investment you could ever make in your ongoing health and happiness. Research clearly shows that people in intimate partnerships live longer, are healthier and report greater life satisfaction than single adults at later stages of life.

You and your relationship deserve this investment in longevity and happiness!