

Better Together

Couples Therapy & Tools To Communicate

BOOK A COUPLES CONSULTATION



Don't Let Your Defenses Stand Between You & Your Partner.

Dating. Engaged. Married. Committed. Straight. Gay. Situationship. Neurodivergent.
Conflict is a part of close relationships... Learn how to make it productive.

SECURE COUPLES BRING OUT THE BEST IN EACH OTHER.

You're both smart and self aware.

Yet, you keep having the same arguments over and over.



DEBBIE CHERRY, LMFT

Marriage & Family Therapist

The primal nature of defensive reactions makes them extremely hard to change.

That's why I created the **Secure Partners Playbook**. It's a simple step-by-step guide to help couples communicate, be a better team & grow closer.

THE FIRST STEP IS TO INVEST IN A COMPREHENSIVE [COUPLES CONSULTATION](#).



**“The fighting cycles have ended.
We now feel safe to share anything
with each other.”**

–Married couple with 2 young kids

Emotional Triggers Can Destroy Your Relationship.

There is nothing more painful than feeling completely alone... right next to the person who used to get you the most.

Couples therapy will help you both focus on **connection**, rather than protection.

TAKE THE 1ST STEP



Become Better Partners

Across 20 years and thousands of clients, I have found that most couples can find immense improvement in their relationship by following these 3 steps in the **Secure Partners Playbook**.



Step 1: FEEL SEEN

*Focus on feelings,
not facts.*

see more about
[Communication Skills...](#)



Step 2: BE A TEAM

*Replace blame with
responsibility.*

learn more about
[Conflict Resolution...](#)



Step 3: GROW CLOSER

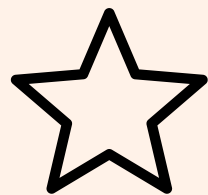
*Lean into your
differences,*

discover more about
[Trust & Intimacy...](#)

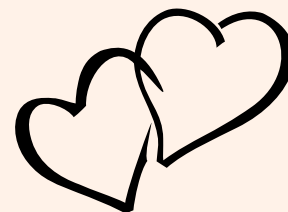
Learn how to help each other feel seen, heard and held...

(no matter what attachment or communication styles you each have).

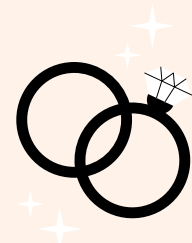
[SCHEDULE A COUPLES CONSULTATION](#)



20+ years of experience



1,000s of happy couples



15 years of marriage myself

Successful Couples Leverage Each Other's Strengths.

Change can happen quickly with proper tools & support...

You KNOW that you should be kind, calm and respectful, but the defenses take over before you even realize what's happening. You need simple tools to use in the moment when triggered.

That's why the **Secure Partners Playbook** is included in couples therapy.

[SEE CLIENT RESULTS](#)

"We've had more progress and awareness come from this than any other therapy we've ever done." – engaged couple

Seen

"We went from feeling so alone
and disconnected to feeling...
seen, heard, empowered
and inspired by each other."

–Married entrepreneurs

The background of the image features two stylized human figures constructed from a complex network of thin, dark lines. Their heads are replaced by large, spherical wireframe structures that resemble geodesic domes or complex orbital paths. The figures are positioned in a way that suggests they are interacting or facing each other, though their forms are somewhat abstract and overlapping. The entire scene is set against a dark, monochromatic grey background, which makes the white text stand out prominently.

**Don't Let Your Defenses
Stand Between
You & Your Partner.**



Creating NEW Patterns Improves Relationships Faster Than Rehashing The Past.

You're stuck in negative loops. You assume the worst about each other. The more you focus on your partner's faults, the more of them you see. You bottle up emotions & then explode.

You need a new plan that brings out the best in both of you.

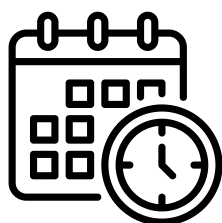
SCHEDULE A COUPLES CONSULT CALL

Once you book... you will receive the **Couples Communication Guide** based on 20+ years of experience to get started improving your relationship right away.

BECOME BETTER PARTNERS

with Couples Therapy & The Secure Partners Playbook

1



Schedule A Couples Consultation Now

Meet with Debbie Cherry & your partner for a 60 minute video consult call packed with valuable guidance.

2



Get The Connected Communication Guide

Improve your relationship immediately with these practical tools based on 20 years of experience.

3



Prioritize Your Relationship

Master the communication skills, partner practices and growth habits that create a secure attachment.

INVEST IN YOUR RELATIONSHIP

"We've had more progress come from our 1st session than months of other therapy."

– couple married 20 years

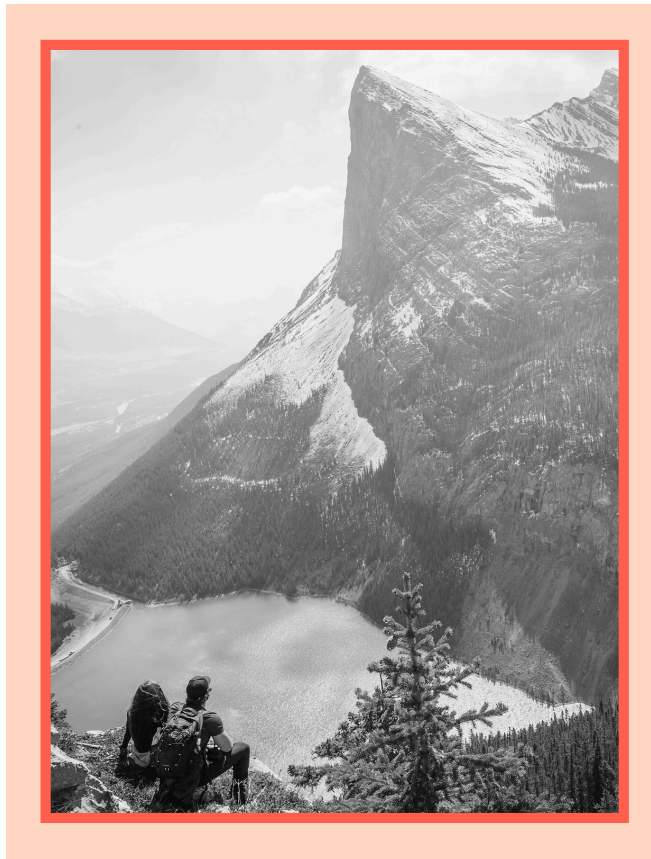
Secure Relationship Resources

DEBBIE CHERRY, LMFT

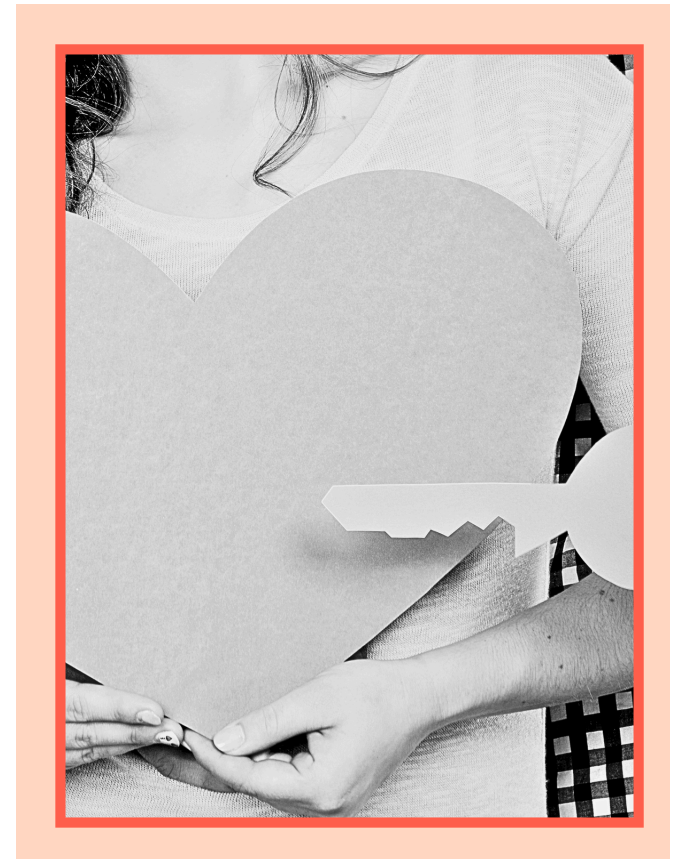
Blog 1



Blog 2



Blog 3



FREE RELATIONSHIPS ADVICE, TIPS, AND TOOLS

YES, PLEASE!

FREQUENTLY ASKED QUESTIONS

