

Help for High-Conflict Couples



Using Emotionally Focused
Therapy & the Science of Attachment
to Build Lasting Connection

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Working With Couples In Conflict Audiobook

Lindis Courtney



Working With Couples In Conflict Audiobook:

Fixing Avoidant and Anxious Attachment in Your Relationship Ethan Arden, 2025-10-04 Welcome to Fixing Avoidant and Anxious Attachment in Your Relationship Attachment Styles Workbook to End Overthinking and Relationship Anxiety Form a Safe Partnership In Each Other's Care Stan Tatkin, PsyD, MFT, 2023-04-25 Break the Cycle A Comprehensive Guide to Overcome Chronic Relationship Struggles Few things are more frustrating than repeating the same fight with your partner Playing out the same disagreement about money parenting sex or household chores may leave you exhausted cut off from the person you want to feel close to While conflict in any relationship is inevitable healing is possible With In Each Other's Care Stan Tatkin shares a hands on repair manual that will help you discover how arguments get triggered why they keep happening and what you can do to get better at communicating what you want without the drama Drawing on his vast experience as a couples therapist Tatkin uses the concept of secure functioning a two person psychological system of teamwork full collaboration and cooperation based on fairness justice and mutual sensitivity This form of unionizing takes time to learn Tatkin says And still the rewards are awesome and make the effort worthwhile Secure functioning benefits you your partner your family your friends everything and everyone Throughout In Each Other's Care Tatkin offers targeted lessons sample dialogues and heartfelt wisdom Through this life changing practice you will be able to Identify the source of unhappiness in your relationship Learn techniques for preventing problems before they occur Heal the emotional wounds of the past Transform conflict and struggle into win win outcomes Renew broken connections and return to intimacy Whether you've been in a relationship for years or are just beginning the journey In Each Other's Care is a wonderfully supportive guide that will show you how to work through even the most contentious topics with compassion and respect The Leader's Weekly Rhythm That Works Tabitha Gray, 2025-09-19 Great leadership isn't about reacting to chaos it's about creating steady rhythms that keep you and your team aligned The Leader's Weekly Rhythm That Works shows beginners how to structure their weeks so priorities stay clear progress gets reviewed and focus never drifts This practical guide gives you a simple framework to organize your leadership cadence You'll learn how to define weekly priorities that matter most use dashboards to track progress without drowning in data and run reviews that help you course correct early You'll also discover how to build resets into your week so you start fresh with clarity instead of carrying chaos forward Whether you're stepping into leadership for the first time or just trying to bring more order to your role this book equips you with tools to lead with calm consistency and confidence One week at a time you'll learn how to stay on track and help your team do the same **The Guts & Skills to Talk it Out** Lindis Courtney, 2024-07-19 Transform your relationship today with this 5 step guided conversation designed to identify and dissolve the underlying couple problem in just 60 minutes Based on 30 years of clinical research this highly effective approach will teach you to Identify and resolve your underlying couple problem Understand each other's deeper beliefs emotions and behaviors Learn how to actively listen and validate your

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