



PERSONAL EVALUATION CHECKLIST: Is Coaching a Good Fit for Us?

Couples often wonder if marriage coaching is the right fit and how it's different than counseling.

Counseling is a professional relationship that empowers diverse individuals to accomplish mental health, wellness and other goals. It tends to focus on the how the past is affecting the present with the goal of healing and creating health. The counselor is considered the expert.

Questions	Yes	No
1. Have either one of you had a mental health diagnosis including clinical depression?		
2. If yes, is it being successfully treated?		
3. Are addictions (drugs, alcohol, gambling, sex, etc) part of your problems?		
4. Is there on-going sexual infidelity in your relationship?		
5. Are you in an abusive relationship? (if unsure, we can help you figure it out)		

If you answered No to all these questions OR you answered Yes to the first two and No to the last three, coaching may be effective for you. Continue on. If you answered Yes to these questions, trained professionals will be much better able to help you. After these issues are successfully addressed, marriage coaching can help strengthen your marriage even further.

MarriageTeam coaching focuses on the present and helps you move forward to create the future you desire. It presents improved relationship skills and helps you apply them for better communication, quicker conflict resolution and improved relationships. You are the expert on your relationship and coaches will not tell you what to do, but will help you figure out *what you want and are willing to do*.

Have you?	Yes	No
1. Grown tired of having the same old fights?		
2. Talked or thought about divorce?		
3. Thought you just might be stuck for the rest of your life?		
4. Tried other approaches such as books, seminars, etc. with few results?		
5. Lost hope that anything will really work for you?		
6. Found that counseling did not help?		

KEEP IN MIND: Even if you answered Yes to all these questions, MarriageTeam coaching will likely be helpful. We have helped hundreds of couples who answer Yes find real benefits through coaching. The key is **your willingness** to make and keep new agreements about communication, anger, conflict resolution, and other key relationship skills. Your coaches will work with you through a **proven process and materials** with a **money back guarantee** that if coaching does not meet your expectations, you will be refunded everything but the cost of materials and mailing. ***What do you have to lose?***