



Psychologists, Marriage or Couples
Counseling Specialists:
Chuck Gray, Ph.D. & Associates
Serving the Houston Area since 1987

Seven Keys to Marriage or Couples Counseling Success

1. Come prepared to learn and grow.
2. Come prepared to bring out the best in each other.
3. Come prepared to be deeply open and honest and to help your spouse to do likewise.
4. Come prepared to recognize and build upon each of your strengths while identifying and improving upon each of your weaknesses.
5. Come prepared to make it safe to love each other more deeply and fully and to make life increasingly wonderful for each other.
6. Come prepared to enjoy practicing what you learn outside of your sessions.
7. Choose a psychologist who is a highly experienced, specialized marriage counseling expert.

-Chuck Gray, Ph.D.

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Houston, Texas Psychologists, Marriage & Couples Counseling Specialists:
Chuck Gray, Ph.D. & Associates 713-774-2122