



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

## **Why Counseling**

One person you will always live with is yourself. Invest in yourself: make yourself the person you consciously choose to become. Psychologists are uniquely educated to help you better understand your learned behaviors, attitudes, and feelings and to help you to consciously decide which behaviors, attitudes, and feelings you want to cultivate within yourself to best accomplish your conscious goals.

Counselors can help you make progressively more conscious and helpful decisions about who you are becoming and how to train yourself to progressively become the person who will accomplish your goals in accord with your values. Counselors can help you make wise, sound, enlightened, well-educated decisions about yourself and assist you in becoming the person who would lead the life you desire.

Do you want to be happier, feel more secure, better fulfill your potential, or better your relationships? Counseling can help you help yourself.

*-Chuck Gray, Ph.D.*

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**Houston, Texas Psychologists, Marriage & Couples Counseling Specialists:**

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