



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

### **Why Premarital Counseling**

Premarital counseling is designed to maximize your ability to enjoy a stable, fulfilling, lifetime marriage in which you may focus on making life increasingly wonderful for each other and any future children.

If you only want to be married once, which makes more sense: investing more in a wedding or investing more in premarital counseling to enhance your future with each other?

In your premarital counseling, you may be offered self-assessments to help you specify which of your learned reaction patterns will enhance your marriage and which are most likely to be problematic for your marriage. You may be given the opportunity to identify four different communication styles that almost all of us use on occasion which are highly predictive of marital failure. You may then have the opportunity to specify when and how each such style is used by you and your fiancé in your interactions with each other. You may have the opportunity to learn how to communicate in ways that are highly predictive of a stable and enduring marriage. You may identify what triggers the worst in each of you and how to manage your feelings and interactions to bring out the best.

In premarital counseling you will have the opportunity to identify ways that each of you most feels loved and specific ways to enhance that loving feeling in your fiancé. You will have the opportunity to learn how to create a warm, enticing atmosphere that welcomes authentic, intimate conversations. You will have the opportunity to discover how to discuss any and all issues including sex, finances, and in-laws in warm, collaborative, constructive ways. You will have the opportunity to discover how to manage and enjoy Mars and Venus gender differences in ways that promote romance, intimacy, and passion. In premarital counseling with me, you will have the option of doing any and all of the above to maximize and secure the future of your marriage.

- *Chuck Gray, Ph.D.*

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Houston, Texas Psychologists, Marriage & Couples Counseling Specialists:

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