



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

Why Marriage or Couples Counseling

Relationships are important. Developing good relationships helps us be happier, healthier, and more successful in general. Cultivating a good relationship with your mate is especially important. Having a good marriage is more predictive of a long life than nonsmoking, exercise, or healthy eating. I personally believe that close, supportive relationships help us make wiser decisions, enjoy better psychological health, better fulfill our potential, and be better parents. Marriage or couples counseling can help us bring out the best in each other by bringing out the best in ourselves. Marriage counseling can help us make life more wonderful for each other.

Some spouses argue. Some spouses grow apart. Some spouses have extramarital affairs. All spouses may hurt or disappoint each other. Some spouses show contempt. Some spouses criticize each other. Some spouses react by distancing, denying, blaming, counterattacking, or becoming defensive. Some spouses work at cross purposes. Some spouses divorce.

Marriage counseling can help you recognize, nourish, and cultivate the good in each other. Marriage counseling can help you open your hearts to each other. Marriage counseling can help you help your spouse feel your love. Marriage counseling can help you cultivate romance. Marriage counseling can help you understand and predict how you trigger the worst in each other and how you might adjust to bring out the best in each other.

Marriage counseling can help you be trustworthy. Marriage counseling can help you give trust when trust is earned. Marriage counseling can help you better manage your feelings. Marriage counseling can help you recognize mistakes, acknowledge them, and apologize. Marriage counseling can help you forgive appropriately. Marriage counseling can help you make clearer, wiser, better educated, more enlightened decisions

about your marriage. Marriage counseling can help you agree on a positive vision for your marriage and how to fulfill it.

Marriage counseling can help you communicate more calmly, collaboratively, and constructively. Marriage counseling can help you listen more fully, more kindly, and more supportively. Marriage counseling can help you safely bear your hearts, minds, and souls to each other. Marriage counseling can help you with all aspects of intimacy.

Marriage counseling can help you advise each other positively and constructively. Marriage counseling can help you collaborate constructively as parents. Marriage counseling can help each of you assess the influences on your marriage of your learned behaviors, attitudes, and feelings towards each other. Marriage counseling can help each of you wisely choose how you want to act, think, and feel towards each other. Marriage counseling can help you train yourself to be the spouse you have chosen to become.

Marriage counseling can help you love. Marriage counseling can help you be more loveable. Marriage counseling can help.

-Chuck Gray, Ph.D.

Houston, Texas Psychologists, Marriage or Couples Counseling Specialists:

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