

Check-in #2 | Email newsletter from Dr. Dan at Growth & Gratitude Online Therapy

Hi Sierra !

**EXCITING NEW RESOURCE BELOW...** 🙌

Busy month, right?!?! I know it's not just me because everybody I talk with (personally and professionally) has been going through it this month. Feeling on edge? Less energy? Feeling stuck or trapped? More conflict in your relationships? These have been consistent themes in my sessions over the last month as the leaves have fallen.

**Detailed guide for the BEST CHECK-IN CONVERSATION...** 🙌

Conflict (almost?) always involves a communication breakdown and some version of both people feeling misunderstood. This is why sessions with me sessions teach and practice gratitude, using 'I' language, and talking about feelings. Once we feel that the other person understands and cares about our feelings, then we can solve the issue.

**IMPROVE YOUR COMMUNICATION** 🙌

**IMPROVE YOUR RELATIONSHIP** 🙌

So, I designed a framework for the ideal conversation between you and your partner that incorporates skills we learn and practice in sessions. I am super excited (and feeling a little vulnerable) to share a brand new resource to improve your relationship:

**[Check-in & Chill: The Couples Guide to Healthy Conversation](#)**

🙌 **Read and Share** 🙌

Really interested to hear your feedback on this detailed guide. There is a skill component to healthy communication that can be learned with proper practice.

In vulnerability - because we are [\(great song for the week\) Only Human](#),  
-Dr. Dan

Please reach out to let me know how I can help you! I will be sending out Check-ins like this about once a month with links to helpful content, resources that I create, and updates about my practice.

Share [my website](#) with someone you know who may need support from a counselor OR book sessions yourself with [my online calendar](#). Available for daytime sessions, but afternoon/evening openings are still pretty limited.