


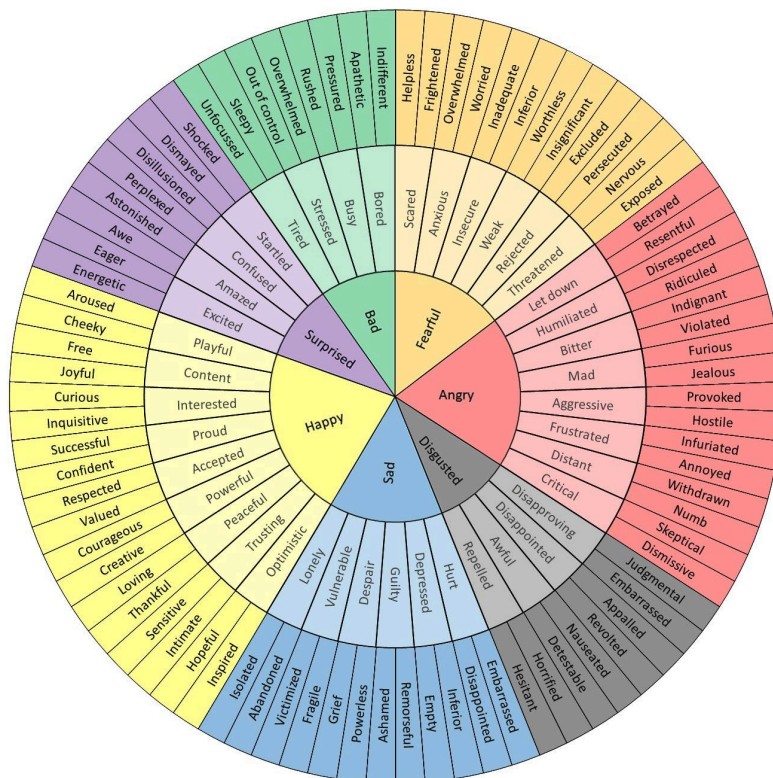
Hi @firstname !

To change our feelings and improve our relationships we need to practice using new

skills and tools  ...

My favorite tool (as you probably know already) is the 'Feelings Wheel'...what a wonderful visual to help us expand our vocabulary to better describe what is going on inside our brain and body. This tool transforms your internal experience, relationships, and helps your brain to feel more calm and better regulated. The research is clear that when we name our feelings more clearly our brain has something specific to latch onto and understand. This helps us to feel better. There is

 an ah-hah moment . Get out of the 'mad, sad, good, fine, ok' trap and start to pay attention to the thoughts and feelings that underlie your experience. Both you and your partner will thank you!



If you have kids...guess what??? There are amazing feelings charts for kids too!!! Practice regularly with your kids. You will be amazed at what a difference this makes

in your daily life. Kids (and adults) need tools so that they can explain what is going on in their brains and why they are acting the way they are. Try it and tell me how it goes...my kids LOVE to tell me when they feel bored, jealous, safe, loving, or curious! Of course they also love to argue with each other, yell at me, and chase our cats



...It is a work in progress.



Keep these tools bookmarked on your phone, print and post them on your refrigerator, or find another way to incorporate them in your daily life. Notice how sharing more specific feelings helps you feel better and your interactions improve!

For example, just this morning I have felt tired, frustrated, stressed, proud, hopeful, loving, annoyed, disappointed, energized, and grounded...etc. How about you?

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\*Reminder that when you schedule your first session you receive a FREE .pdf of *'Check-in & Chill: The Couples Guide to Healthy Communication'*. This one of-a-kind resource was developed using the best research on how to help couples stop their endless pattern of conflict and feel more connected. Explore 15+ pages of detailed step-by-step instruction, examples, resources to learn more, and answers for common relationship questions.

\*\*Decision made about adding a new 90 min session option particularly for couples navigating high conflict, complex situations, and urgent needs. You will see this as an option to book as of RIGHT NOW! If there is more interest in this as a general option for couples or individual sessions just let me know.

\*\*\*Thoughts on 2-3 hour intensive sessions or workshops? This would allow us to take a deep dive on particular topics, process complex trauma or help a relationship that is in crisis. I create content based on themes that repeat in my weekly sessions. If I hear about something more than once then I know there is a need for more tools and resources.

With intention ([Days is Almost Gone](#)),  
-Dr. Dan

Please reach out to let me know how I can help and support you! Please 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 and VERY limited afternoon/evening sessions.