



COUPLES THERAPY

"True love isn't about being perfect; it's about growing together, even when you need a little help along the way."



INTRODUCTION

This couples therapy package has been designed to help you reconnect and grow stronger.

"Couples therapy isn't about fixing what's broken; it's about strengthening the bond that makes you unstoppable together."

COUPLES THERAPY



WHAT TO EXPECT **OVER THE NEXT 5 WEEKS**

This 5-week couples therapy package is designed to guide you and your partner through a transformative journey toward a stronger, more connected relationship. The package includes exercises to build trust and communication, along with hypnotherapy sessions, guided meditations, and a breathwork session, all carefully crafted to help you grow together. Research shows that couples therapy has a 75% success rate, with most couples reporting increased satisfaction and a deeper bond after completing therapy. Additionally, couples who invest time in their relationship through intentional practices like therapy are 35% more likely to stay together long term.

This booklet will guide you on how to use the sessions effectively, explaining which ones to listen to together and which to explore individually. Working on the sessions both as a couple and on your own will help you better understand your relationship dynamics and foster personal growth. By dedicating time to these exercises and sessions over the next five weeks, you'll not only improve your bond but also create a foundation for a healthier, more fulfilling partnership.

WHAT IS HYPNOTHERAPY **AND HOW DO I USE IT**

Hypnotherapy is a powerful tool that uses guided relaxation and focused attention to help you access your subconscious mind. Unlike traditional therapy, which often deals with conscious thoughts, hypnotherapy helps to uncover and address deep-rooted beliefs, habits, and emotions that drive behavior. By entering a calm, trance-like state, you become more receptive to positive suggestions and new ways of thinking. This allows hypnotherapy to help rewire thought patterns, break bad habits, reduce stress, and improve emotional well-being. It's a gentle, safe, and effective way to create lasting change from within.

To use self-hypnosis hypnotherapy sessions effectively, find a quiet, comfortable space where you won't be disturbed. Sit or lie down, relax, and focus on the guided audio, allowing yourself to enter a state of deep relaxation. It's important to stay open to the suggestions being given, as this is how the session will help rewire your subconscious. Make sure you're in a calm, peaceful environment, and avoid distractions such as phones or external noise. Never use hypnotherapy while driving or doing any tasks that require your full attention.

Summary:

- Do:
 - Find a quiet, comfortable space
 - Relax and focus on the guided audio
 - Stay open to the suggestions
 - Use it in a calm, peaceful environment
- Don't:
 - Use while driving or doing tasks that require attention
 - Let distractions like phones or noise interrupt you

OBSTACLES AROUND LOVE

Reassess your misconceptions about relationships and love. Here are common myths about couples and building lasting connections.

Many couples fall victim to common myths about love and relationships, like thinking true love means never having conflicts or that intimacy should always come naturally. The truth is, every relationship takes effort, and even the strongest couples face challenges. Whether it's navigating external family influences, aligning your goals, or rebuilding trust after a difficult period, love isn't about perfection—it's about working through the ups and downs together. Our sessions are designed to help dispel these myths and guide you toward a healthier, stronger bond.



Healthy relationships aren't free from challenges—couples who thrive are the ones who actively work through their issues, communicate openly, and grow together.



UNDERSTANDING EACH OTHERS LOVE LANGUAGES

The 5 Love Languages, developed by Dr. Gary Chapman, are five distinct ways people give and receive love. Understanding your partner's love language is key to fostering a stronger, more fulfilling relationship. Here's a breakdown of each:

Words of Affirmation

People who appreciate verbal encouragement thrive on kind words, compliments, and verbal expressions of love. Simple, heartfelt words go a long way in making them feel valued.

Acts of Service

For some, actions speak louder than words. Showing love through helpful gestures—whether it's cooking dinner or running an errand—demonstrates care and commitment.

Receiving Gifts

For those who value thoughtful gifts, it's not about materialism but the effort and meaning behind the gesture. A well-thought-out gift shows that you understand and cherish them.

Quality Time

Undivided attention is the most important thing for those who value quality time. Being present, having meaningful conversations, and spending intentional time together nurtures their emotional connection.

Physical Touch

Physical closeness, like holding hands, hugs, or cuddling, reassures these individuals of their partner's love and affection. It's about the comfort and security that touch provides.

Identifying which two love languages your partner values most is essential for a mutually fulfilling relationship. When you show love in a way that resonates with your partner's primary love languages, it makes them feel understood and appreciated. At the same time, communicating your own love languages allows them to reciprocate in a way that deeply connects with you, strengthening your bond and building a lasting, loving relationship.

WHAT IS YOU & YOUR PARTNERS LOVE LANGUAGE

STEP 1: REFLECT INDIVIDUALLY

Each partner should take a few minutes to reflect on the following questions. Write down your answers to share later:

1. How do you feel most loved?
2. Think about past experiences—what made you feel truly cared for by your partner (or others)?
3. When do you feel most connected to your partner?
4. Is it when they compliment you, help you with something, spend time with you, or through physical touch?
5. What actions from your partner hurt the most?
6. Consider what actions (or lack of actions) feel hurtful or make you feel distant. This can help clarify your love language.



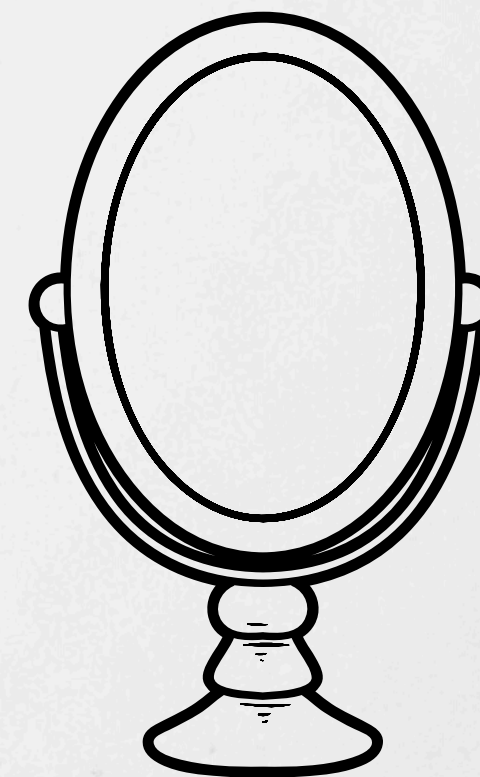
WHAT IS YOU & YOUR PARTNERS LOVE LANGUAGE

STEP 2: **SHARE YOUR REFLECTIONS**

Sit together and take turns sharing your answers from Step 1. As your partner speaks, listen closely without interrupting. Afterward, ask clarifying questions to better understand their answers. Be mindful of any recurring themes in what makes them feel loved.

STEP 3: **TAKE THE LOVE LANGUAGES QUIZ TOGETHER**

If needed, take a brief online quiz on love languages to confirm your top two love languages. Each partner should note down their top two.



WHAT IS YOU & YOUR PARTNERS LOVE LANGUAGE

STEP 4: **DISCUSS HOW TO SHOW LOVE**

Once you've identified each other's love languages, discuss concrete ways you can each express love based on those languages. Use these prompts to guide your conversation:

- Words of Affirmation: How can I offer you more verbal encouragement or compliments?
- Acts of Service: What actions or tasks would be most meaningful to you?
- Receiving Gifts: What types of gifts would make you feel loved? (It doesn't have to be expensive—thoughtfulness matters!)
- Quality Time: What activities or moments make you feel most connected to me?
- Physical Touch: How can I incorporate more physical affection into our relationship in a way that makes you feel safe and loved?



WHAT IS YOU & YOUR PARTNERS LOVE LANGUAGE

STEP 5: SET LOVE LANGUAGE GOALS

Based on your discussion, set a goal to actively engage with each other's love languages over the next week. You can write down one action for each of your partner's love languages that you commit to doing.

STEP 6: REFLECT AND RECONNECT

At the end of the week, sit down together to reflect on how the experience felt. Did the intentional focus on love languages improve your connection? Are there new ways you've discovered to make each other feel loved?

By the end of this activity, you'll have a clearer understanding of how to show love in a way that's most meaningful to your partner, deepening your emotional connection and strengthening your relationship.



SESSION: 1



The Mind and Body Alignment hypnotherapy session is the perfect starting point for your journey. This foundational session helps align your mental and physical well-being, preparing you to both give and receive love openly and fully.

By creating harmony between your mind and body, you'll feel more balanced, present, and ready to connect deeply with your partner. It's your first taste of transformation, setting the stage for the emotional and physical growth you'll experience throughout the program.

LISTEN: ALONE SEPARATELY

SESSION: 2



The Foundations of Mutual Respect hypnotherapy session is designed to help you cultivate a deeper sense of respect for both yourself and your partner, laying the groundwork for a healthier, more balanced relationship.

This session should be listened to individually, as it focuses on personal reflection and understanding how your thoughts, feelings, and behaviours impact the mutual respect in your relationship. By engaging in this session alone, you'll be able to dive deeper into your own perspectives, without the influence of your partner, helping you foster a more mindful and respectful approach to your relationship moving forward.

LISTEN: ALONE SEPARATELY

SESSION: 3



The Effective Communication: Speak and Be Heard hypnotherapy session is designed to improve your ability to express yourself clearly and listen actively in your relationship. This session focuses on helping you identify communication patterns, reduce misunderstandings, and develop better listening skills.

By listening to this session individually, you can reflect on your own communication style and how it may be impacting your partner. It encourages personal growth, helping you understand how to both speak and listen more effectively, laying the foundation for clearer, more meaningful conversations in your relationship.

LISTEN: ALONE SEPARATELY

SESSION: 4



Resolving Conflict, Restoring Peace

The Resolving Conflict: Restoring Peace hypnotherapy session is aimed at helping you navigate and resolve disagreements in a constructive and compassionate way. This session should be listened to individually, as it focuses on self-reflection and gaining insights into your own conflict resolution habits.

By understanding your role in conflicts and learning to manage emotions calmly, you'll be better equipped to approach disagreements with empathy and patience. Listening alone allows you to reflect without distractions, empowering you to bring a more peaceful, balanced energy into resolving conflicts with your partner.

LISTEN: ALONE SEPARATELY

SESSION: 5



The Restoring Trust: Healing Love hypnotherapy session is a deeply emotional and transformative experience, particularly for couples who have struggled with infidelity. This session guides you through the process of rebuilding trust, helping to heal emotional wounds. If you wake up feeling particularly emotional afterward, know that this is a natural part of the healing process—give yourself the time and space to reflect.

Even if infidelity hasn't been an issue, every relationship is built on trust, and this session has been carefully designed to strengthen that foundation. It's equally powerful for couples without trust issues, as it encourages deeper emotional bonding and reinforces the trust you've already established with one another.

LISTEN: ALONE SEPARATELY

SESSION: 6



The Aligning Hearts and Futures hypnotherapy session is designed to bring couples closer by helping them align their emotional needs, values, and long-term goals. This session is meant to be listened to together, as it fosters open communication about your shared vision for the future and deepens your emotional connection.

By experiencing this session side by side, you and your partner can explore how to support each other's dreams while building a stronger, united path forward. It's a powerful way to ensure that your hearts and futures are in harmony, creating a solid foundation for your relationship moving ahead.

LISTEN: **TOGETHER**

SESSION: 7



The Future Proofing Our Relationship hypnotherapy session is designed to help couples strengthen their bond and create a resilient relationship that can withstand the challenges life may bring. This session encourages couples to think about the long-term health of their relationship, focusing on building a strong emotional foundation and addressing potential areas of vulnerability.

By listening to this session together, you and your partner can identify proactive ways to support each other and grow as a couple, ensuring that your relationship remains strong and connected no matter what the future holds.

LISTEN: **TOGETHER**

SESSION: 8

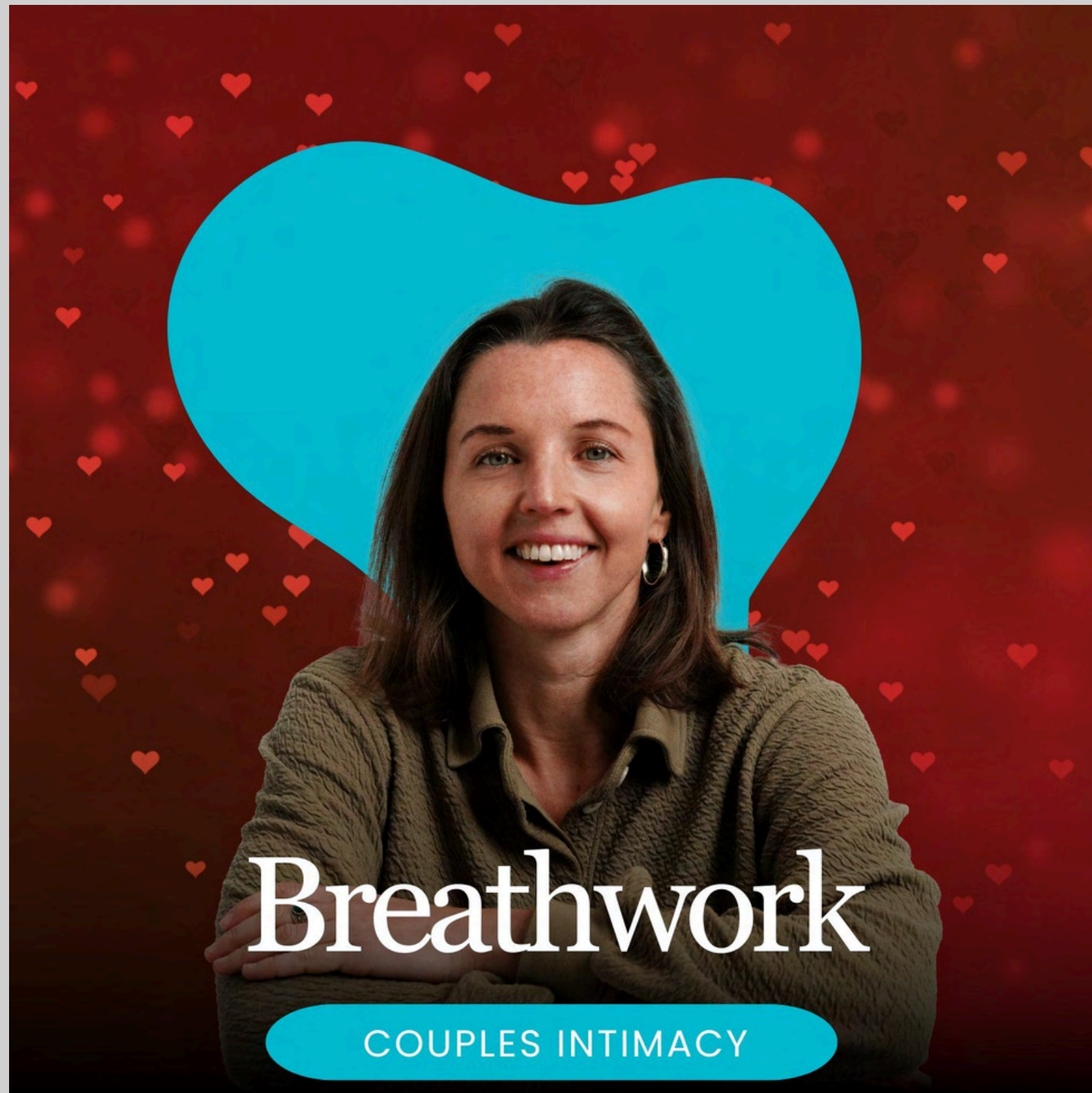


The Rekindle Romance: Rekindle Love's Flame hypnotherapy session is all about reigniting the passion and romance in your relationship by taking you back to the effortless excitement of the honeymoon phase. This session is meant to be listened to together, as it helps enhance your shared mindset, bringing back the spark that made you fall in love.

It's designed to help couples reconnect emotionally and romantically, encouraging the spontaneity and affection that can sometimes fade over time. By immersing yourselves in this session, you'll rediscover the joy of romance, deepening the bond and passion you share.

LISTEN: **TOGETHER**

SESSION: 9



The Couples Intimacy breath work session is a powerful tool to deepen your emotional and physical connection. Designed to be done together, this session guides you and your partner through synchronised breathing techniques that promote relaxation, presence, and intimacy. As you follow the breath work together, you'll find that it enhances your bond, allowing you to connect on a deeper level both emotionally and physically. It's a shared experience that helps cultivate closeness, trust, and a sense of unity—perfect for couples looking to strengthen their intimate connection.

LISTEN: **TOGETHER**

SESSION: 10

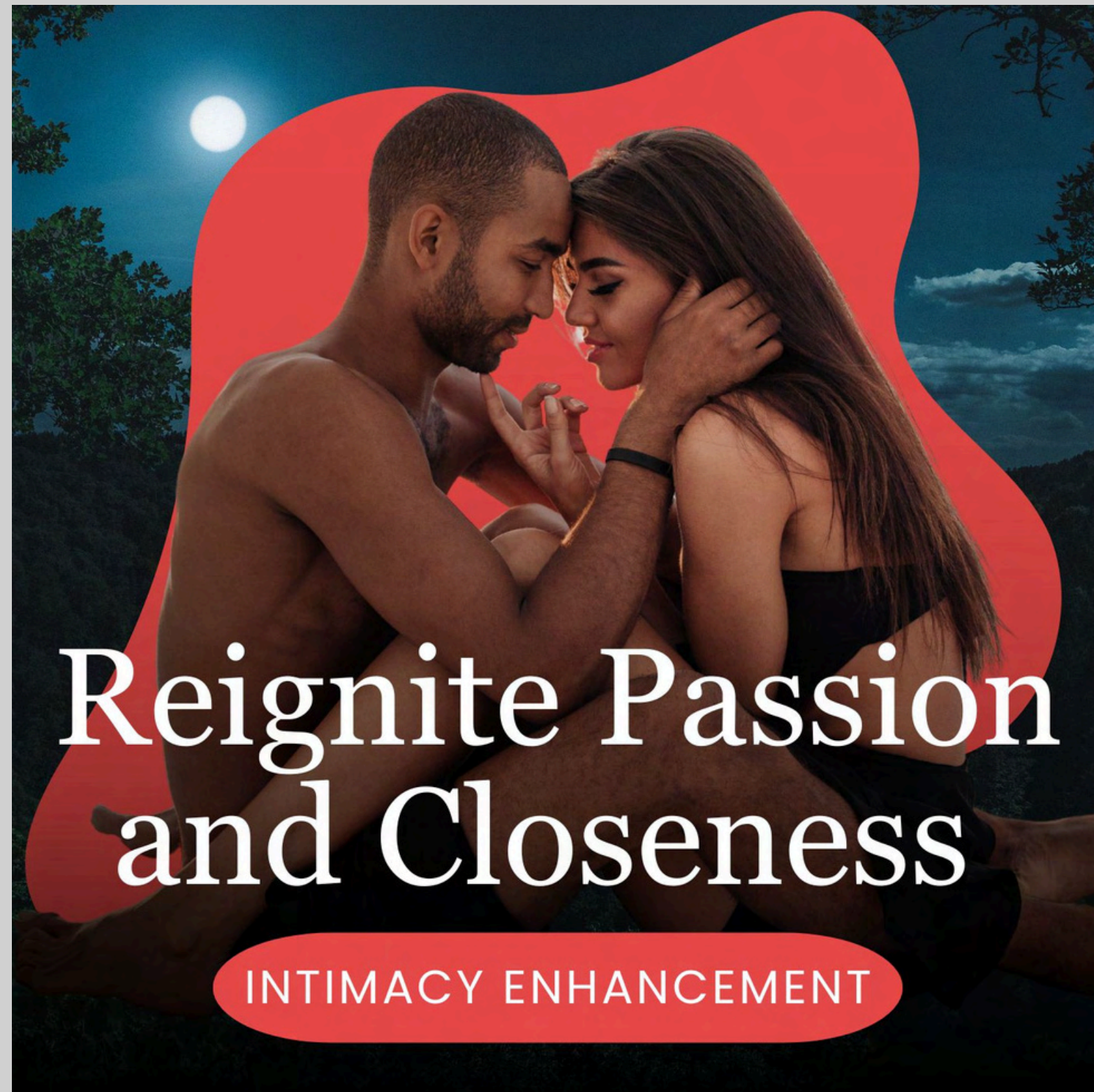


The Increase Libido hypnotherapy session is designed to reignite the physical chemistry between you and your partner, taking your intimacy to a whole new level. This session, to be listened to together, helps break down barriers, boost desire, and rekindle that irresistible attraction—so much so that you might find it hard to keep your hands off each other!

By enhancing both your mental and physical connection, this session will help you and your partner feel more in sync, bringing back that playful, passionate energy that keeps the spark alive.

LISTEN: TOGETHER

SESSION: 11



The Reignite Passion and Closeness hypnotherapy session is the ultimate tool to bring you and your partner back to that intoxicating, all-consuming feeling you had when you first started dating. Designed to be listened to together, this session helps you rekindle the deep emotional and physical connection that made you inseparable.

By reigniting that passion and closeness, you'll find yourselves obsessed with each other all over again, reliving the excitement and intimacy that comes with new love—only stronger, deeper, and lasting.

LISTEN: **TOGETHER**

SESSION: 12



The Stronger Together Against the World hypnotherapy session is the perfect finale to your journey, empowering you and your partner as an unstoppable, intimate power couple. As you near the end of this transformative experience, this session will solidify your bond, making you feel deeply connected and ready to face any challenge life throws your way.

Together, you've rekindled your love, reignited your passion, and built a strong foundation—now, you are set free as a couple that is deeply in love and prepared to take on the world, hand in hand.

LISTEN: TOGETHER

SESSION: 13

(FOR COUPLES WITH CHILDREN)

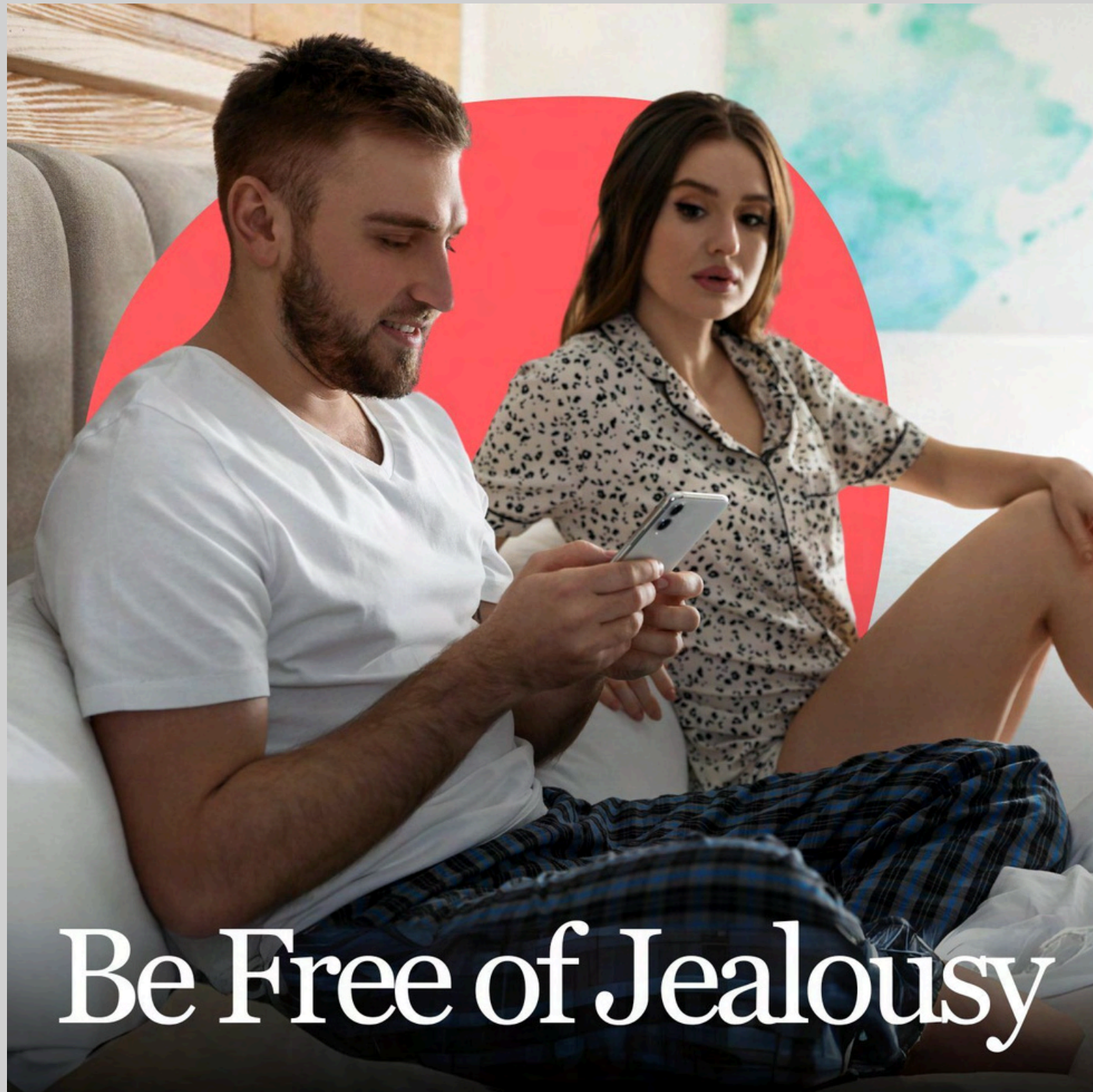
The Stronger Together for Our Children hypnotherapy session is all about becoming the ultimate parenting team, working together to be the best versions of yourselves—not just for each other, but for your family. This session, designed to be listened to together, helps you align as parents, ensuring you're both on the same page when it comes to raising your children. By strengthening your relationship as partners, you create a loving, stable environment where your kids can thrive. This session is specifically tailored for couples with children, focusing on how your united front can positively impact your family dynamic, making you stronger together for the sake of your children's happiness and well-being.



Stronger Together
for Our Children

LISTEN: TOGETHER

SESSION: 14



(OPTIONAL)

The Be Free of Jealousy hypnotherapy session is an optional, yet powerful tool for couples who struggle with feelings of jealousy in their relationship. This session helps you release the insecurities and fears that often fuel jealousy, fostering a mindset of trust and confidence in your partner. By addressing the root causes of jealousy, you'll be able to move past negative emotions and create a more open, loving connection. Whether it's a small issue or something that has impacted your relationship deeply, this session is designed to help you break free from jealousy and build a stronger, healthier bond.

LISTEN: **ALONE SEPARATELY**

SESSION: 15

(OPTIONAL)

The Healing from a Toxic Relationship hypnotherapy session is designed for individuals or couples who have experienced a traumatic, toxic relationship in the past that is affecting their ability to fully open up in their current relationship. This optional session helps you let go of the emotional baggage, trust issues, and protective barriers that might be holding you back from experiencing true intimacy and love with your partner.

Whether it's a lingering fear of being hurt again or difficulty trusting, this session offers the emotional healing you need to move forward and create a healthy, loving relationship free from past trauma. If you feel this applies to you, it can be a transformative step toward restoring your sense of safety and connection.

LISTEN: ALONE SEPARATELY



SESSION: 16



Morning Meditation

The Morning Meditation session is the perfect way to start your day with positivity and clarity. This session can be listened to any morning, helping you set the tone for a day filled with calm, focus, and emotional balance. Whether you're preparing for a busy day ahead or simply want to start with a peaceful mindset, this meditation guides you to embrace the day with a fresh, positive outlook. It's a great way to create space for love and connection as you move through your day.

LISTEN: ALONE OR TOGETHER

5-Week

COUPLES THERAPY HYPNOTHERAPY PROGRAM

Here's your personalized 5-week schedule, guiding you and your partner through the 16 sessions. Each day focuses on a different aspect of your relationship, allowing you to grow both individually and together. Follow the schedule, and remember to set aside time for both personal reflection and shared experiences.

WEEK 1

Week 1: Building Foundations and Aligning Goals

Focus: Laying the groundwork for a strong, aligned relationship.

- Day 1: Mind and Body Alignment (Together)
- Day 2: Aligning Hearts and Futures (Together)
- Day 3: Foundations of Mutual Respect (Individually)
- Day 4: Morning Meditation (Individually, can be repeated throughout the week)
- Day 5: Future Proofing Our Relationship (Together)
- Day 6: Effective Communication: Speak and Be Heard (Individually)
- Day 7: Couples Intimacy Breathwork (Together)

WEEK 2

Week 2: Strengthening Communication and Reigniting Passion

Focus: Improving communication and rekindling intimacy.

- Day 1: Rekindle Romance, Rekindle Love's Flame (Together)
- Day 2: Resolving Conflict: Restoring Peace (Individually)
- Day 3: Morning Meditation (Individually)
- Day 4: Increase Libido (Together)
- Day 5: Be Free of Jealousy (Optional, Individually or Together)
- Day 6: Reignite Passion and Closeness (Together)
- Day 7: Couples Intimacy Breathwork (Together)

WEEK 3

Week 3: Trust Building and Emotional Healing

Focus: Rebuilding trust and healing emotional wounds.

- Day 1: Restoring Trust: Healing Love (Individually)
- Day 2: Healing from a Toxic Relationship (Optional, Individually or Together)
- Day 3: Morning Meditation (Individually)
- Day 4: Resolving Conflict: Restoring Peace (Individually)
- Day 5: Couples Intimacy Breathwork (Together)
- Day 6: Foundations of Mutual Respect (Individually)
- Day 7: Future Proofing Our Relationship (Together)

WEEK 4

Week 4: Deepening Emotional and Physical Connection

Focus: Strengthening intimacy and emotional connection.

- Day 1: Reignite Passion and Closeness (Together)
- Day 2: Increase Libido (Together)
- Day 3: Morning Meditation (Individually)
- Day 4: Rekindle Romance, Rekindle Love's Flame (Together)
- Day 5: Couples Intimacy Breathwork (Together)
- Day 6: Effective Communication: Speak and Be Heard (Individually)
- Day 7: Restoring Trust: Healing Love (Individually)

WEEK 5

Week 5: Unity, Parenting, and Moving Forward

Focus: Becoming stronger as a team and looking ahead.

- Day 1: Stronger Together Against the World (Together)
- Day 2: Unified Parenting: Stronger Together for Our Children (Together, for couples with children)
- Day 3: Morning Meditation (Individually)
- Day 4: Aligning Hearts and Futures (Together)
- Day 5: Be Free of Jealousy (Optional, Individually or Together)
- Day 6: Couples Intimacy Breathwork (Together)
- Day 7: Stronger Together Against the World (Together)

FINAL REFLECTION: AFTER COMPLETING THE 5-WEEK PROGRAM

AFTER COMPLETING THE 5-WEEK JOURNEY, TAKE SOME TIME TO REFLECT ON HOW YOU'VE GROWN AS A COUPLE. DISCUSS IMPROVEMENTS IN COMMUNICATION, TRUST, AND EMOTIONAL CONNECTION, AND NOTE THE SESSIONS THAT HAD THE BIGGEST IMPACT. REVISIT THEM AS NEEDED TO MAINTAIN YOUR GROWTH AND CONNECTION.

FUN ACTIVITIES TO KEEP THE SPARK ALIVE

HERE ARE A FEW FUN TASKS TO HELP YOU STAY CONNECTED AND SHOW LOVE REGULARLY:

- LOVE NOTE CHALLENGE: LEAVE A SURPRISE LOVE NOTE FOR YOUR PARTNER IN UNEXPECTED PLACES THROUGHOUT THE WEEK.
- 3 THINGS I LOVE ABOUT YOU: ONCE A WEEK, SHARE THREE THINGS YOU LOVE OR APPRECIATE ABOUT EACH OTHER.
- SURPRISE DATE SWAP: TAKE TURNS PLANNING A SURPRISE DATE EVERY OTHER WEEK TO KEEP EXCITEMENT ALIVE.
- WEEKLY CHECK-IN: SET ASIDE 10 MINUTES ONCE A WEEK TO CHECK IN ON HOW YOU'RE BOTH FEELING AND DOING.
- GRATITUDE JAR: DROP NOTES OF GRATITUDE INTO A JAR AND READ THEM TOGETHER AT THE END OF EACH MONTH.

THESE SMALL ACTIVITIES HELP NURTURE YOUR BOND AND KEEP YOUR RELATIONSHIP FUN, PLAYFUL, AND DEEPLY CONNECTED. KEEP GROWING TOGETHER!

WE ARE HERE **FOR YOU**

BE SURE TO JOIN OUR PRIVATE EMOTIONAL SUPPORT GROUP ON FACEBOOK

We are so thankful that you've trusted Clear Minds with your journey. If you need support at any point, we offer 24/7 assistance via live chat on our website at clearminds.com. You can also reach out to us through email or messenger support on our social platforms. If you have any questions or need guidance, don't hesitate to get in touch—we're here to help you reach the best phase of your relationship together.

