



## **LIFE CHANGE & TRANSITIONS LLC**

*Michele Coppola Wilson, Transitions Coach*

*Specializing in Marriage Reconciliation, Separation and/or Divorce*

*Offices in Tinton Falls and Manasquan, NJ*

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### **DISCERNMENT COACHING**

**Healing the pain that occurs in a marriage relationship is key. That step usually gets missed when a couple decides to divorce. And it should not be overlooked.**

Experiencing the grieving process when a couple experiences marriage difficulties needs to happen so that both people can enter whatever the next step is in their relationship is, in a more healthy and healed manner.

Discernment coaching virtually eliminates the regret that studies show comes five years later if you don't try, and can also minimize the collateral damage to the children, if you decide to divorce.

**Either way it is a win-win.**

### **BACKGROUND**

In 2010, I found myself facing a divorce from a marriage that had lasted 18 years. We had been to therapy many times and I always wondered why we couldn't have gotten the tools we needed to make the marriage work. When I became trained in Divorce Ministry, I started to meet dozens of people who felt the same way. They had also been to marriage counseling and obviously it didn't work for them either. They felt the way I did. Maybe if they had found the right person to help, or the right program, things could have been different, and their marriage could have been "saved".

This thought propelled me into a research project where I spent a considerable amount of time learning about why marriage counseling doesn't work and when and under what circumstances it does lead to reconciliation. I attended workshops, read books, did trainings went on marriage weekends with my current husband, paid for sessions with experts in the field, anything I could find to help me figure out what works and why.

Based upon what I uncovered, I decided to create my own program based upon these findings, so that I could present the best opportunities to my clients to reconcile. If a couple participates fully in my Discernment Program, their marriage can be saved. I agree sometimes we have to recreate the marriage, not repair and rebuild the one that is existing, because it is broken. Or that sometimes a marriage is beyond repair. But trying to reconcile first is always a good choice.

### **THE PROGRAM**

Discernment Coaching is solution-based, brief therapy. **You will know in ninety days if you are going to repair and rebuild the marriage or pursue a divorce.** After thirty days, couples are encouraged to attend a total of ninety days to complete the program.

If you commit to giving your marriage thirty days to try again to see if reconciliation is a possibility, even if you choose to divorce, you will have begun the healing work necessary with your spouse so that your divorce doesn't have to be contentious.

In-session, Couple Appointments involve couples learning ways to connect and become friends and allies in their relationship where they develop a deeper understanding of the need for vulnerability and intimacy necessary to build trust again. We also work on conflict management by learning new ways to manage conflict that is custom tailored to your negotiation styles. Each couple is given a plan specifically for them, because each couple manages conflict differently according to their temperament, level of empathy, and commitment to solutions.

In-session, Individual Appointments involve helping the individual identify barriers they may have that preclude them from coming to the relationship “whole and healthy”. We discuss the past, but more importantly we figure out how to move on from the destructive behavioral patterns of your past so that we can focus instead on the present and how to help you move forward so you can present the best possible you for yourself and your marriage relationship.

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**Give it a try! You owe it to your marriage and your spouse to try one more time! You are going to spend a lot of time and energy getting divorced; so why not expand that energy one more time in trying one more time!**