



revive your relationship

DEANNE DIETZ, LMHC, NCC

Couples Coaching Orientation

Most couples don't struggle because they don't care—they struggle because they feel misunderstood, lonely, or stuck in the same painful cycles. Trust may feel fragile. Conflict may repeat itself. Communication may feel more draining than connecting.

I work with couples at many crossroads: pre-marital, drifting apart, or facing a major rupture. Through neutral, grounded, and intentional guidance, I help partners understand what's really getting in the way and how to move forward together.

Lasting change doesn't come from controlling your partner or reliving old arguments. It comes from understanding your own patterns, making conscious choices, and learning new ways to respond. Together, we'll strengthen communication, respect, and personal responsibility—so closeness feels possible again.

Our work focuses on gently unwinding learned defenses like withdrawal, criticism, or defensiveness, and replacing them with practical, relationship-saving tools. You'll build the skills to be clear, trustworthy, emotionally present, and more connected—creating a relationship that feels safer, stronger, and more fulfilling.

More about the 3 phases and how long it will take [here](#).

Assessment and Jump Start Phase 1

Can be completed virtually and in 3-4 hours. Assessment includes Individual: up to 45 minute session for each partner. I'll then meet with the two of you for more assessment and we'll move into starting your plan. You'll leave with immediate action steps. Venmo: 253-651-3752 / @Deanne-Dietz-111, OR <https://www.paypal.me/RYRDD/850>

After Couples Assessment Phase 2 : Service Levels

Couples Monthly Retainer Packages: Four 2.5 hour sessions, \$2075 **OR** Six 2.5 hour sessions, \$3000

Relationship Revival: 3 days + 30 days of support: \$3400,

- [More info about the Relationship Revival here](#)

Relationship Transformation Intensive: 5 days + 30 days of support: \$5200

- [More info about the Transformation Intensive here](#)

On Demand

- Pay as you go 2.5 hour sessions, payment due at the time of scheduling, \$550
- Text or email for first available time. Provide an estimate of the amount of time wanted.
Payment due at the end of the call, billed in 10 minute increments. \$35 per 10 min

Couples Coaching is often short-term (15-35 hours, depending on the level of distress), structured sessions to develop the tools and skills necessary to achieve your specific goals.

I will not be treating you for an individual mental health diagnosis through couples work.

First Step: return your Completed Intake and Disclosure

(Go to www.revive-your-relationship to contact me for these forms)

The handouts below are for your first appointment:

answer the questions to share during your assessment.

240 S STADIUM WAY, SUITE 101, TACOMA, WA 90402



Romance, Courting, Fantasy

The brain is flooded with feel-good chemicals. Typically the euphoria is attributed to the other's presence, character, and/or behaviors rather than our own charge or fantasy that is created. While swept away by the romance it is easy to minimize differences, avoid conflict and be wide-open. Free time is dedicated to spending time with the other and staying focused on the positive.

Disillusionment, Familiarization, Adjustment

There tends to be a reality check that comes within a few months or sometimes a couple of years. All of a sudden, flaws are recognized, both yours and your partners. You may find yourself feeling betrayed or lied to by the other (your fantasy of the other). You may experience disappointment and withdraw or be angry and lay blame. Many people begin to focus on being right, so they may continue their fantasy and euphoria. People who are uncomfortable with conflict, may minimize differences, attempt to please, and convince themselves that they can easily adapt (become enmeshed). Again, this is only perpetuating the fantasy and keeping you from experiencing the potential depth in relationship. This is an invitation to grow together rather than grow apart. Honest communication with yourself and your partner is essential at this stage to grow the relationship.

Power Struggle, Disappointment, Distress

When initial adapting or negotiating doesn't return ones euphoria, the pleasing tends to cease. Blame is common in this stage. Unhealthy coping skills such as withdrawal, blame, labeling, mind reading, and other cognitive distortions add to resentments and break down communication. Partners may resign by giving in or may act out by having an emotional or physical affair. Emotional needs can be negotiated with clear boundaries and autonomy within the relationship can be established in this stage. Effective communication will support growth of both individuals.

Stability, Friendship, Reconciliation

It can be tempting to subdue emotions and be afraid of dealing with ongoing insecurities. Yet, by genuinely showing up with all of you, the relationship will gain depth, predictability, and connection. As people get closer, fear of intimacy can show up. The brain may use cognitive distortions to keep you distracted from taking personal responsibility. Again, this is an opportunity for personal growth where the relationship can nurture your individual goals. Problem solving and romance are co-created here as shock and denial subside. Fantasy gives way for deeper trust of yourself and your partner.

Commitment, Acceptance, Transformation

Clear acceptance of each other happens here. You have done the hard work of communicating with vulnerability and set boundaries to take care of yourself. There is no need for defenses and denial here. Relationship becomes a choice rather than a means to get emotional or ego needs met. You work more as a team, yet your individual self flourishes within a shared vision of relationship.

These stages are not necessarily linear, a couple may cycle through stages. What stages have your relationship been in? Where do you think you are now?

Attachment Style

Attachment Style

Read the four types of attachment styles below. Find the one that best describes you.

1) Secure You tend to feel steady in relationships.

You can say what you feel—both the good and the hard—with no fear that it will blow everything up. You usually give people the benefit of the doubt and can tolerate misunderstandings without panicking. Depending on others feels safe, and being depended on doesn't feel like a burden. You don't spend much energy worrying about being abandoned or rejected, and being alone doesn't feel threatening. Connection feels supportive, not consuming.

2) Anxious / Ambivalent You crave closeness and reassurance, especially when you care about someone.

When a partner pulls back, is distracted, or less available, it can feel alarming—like a warning sign that you might be left. You may ask for more time, attention, or contact to calm that fear, and then feel embarrassed or ashamed for needing it. At times you want closeness desperately; other times you push it away because it feels overwhelming or unsafe. You're often sensitive to criticism, hard to soothe once upset, and may say "no" to opportunities simply because your nervous system feels flooded. You might people-please, overextend, or insert yourself in order to feel connected—then feel unseen or resentful afterward. Underneath it all is a deep fear of abandonment and a shaky sense of self-worth that relationships seem to confirm or threaten.

3) Avoidant You value independence and self-reliance above almost everything.

You're comfortable on your own and often feel safest when you don't need anyone. Emotional closeness can feel intrusive, overwhelming, or unnecessary—even if part of you wants it. When conflict arises, you tend to move into your head: analyzing, problem-solving, staying busy, or emotionally checking out rather than sitting with feelings. Others may experience you as distant, unavailable, or always "on the go." Physical affection or emotional vulnerability may feel awkward or draining. Beneath what can look like confidence or self-sufficiency is often a quieter belief that depending on others is risky—or that if someone really knew you, they might see you as flawed or needy. Pulling away, shutting down, or controlling situations can be ways to stay regulated.

4) Disorganized You want closeness, but it doesn't feel safe.

Relationships can feel confusing—drawn to connection one moment and mistrustful the next. You may doubt whether others truly care or will stick around, even when they show up. Asking for help feels risky, and when support is offered, you might withdraw or reject it. Looking back, past relationships often feel like proof that trusting people leads to hurt. Others may see you as overly sensitive to rejection, quick to feel betrayed, or wanting affection only on very specific terms. You may have learned early on to be the responsible one—the caretaker, the fixer, or the emotionally mature child—putting your own needs aside to stay connected. Being helpful, compliant, or controlling may have been the safest way to be seen. As an adult, this can show up as feeling torn between longing for connection and bracing for harm.

(And remember—attachment styles are patterns, not life sentences. Awareness is the first step toward change.)

The attachment style that best describes me is:



Automatic Negative Thoughts

Common Brain Traps - Every thought produces a chemical reaction, effecting your brain and body. Identifying and reframing these patterns is your ticket to freedom, health, and truth. You're Not Broken—Your Brain Is Just Doing What It Learned

1. Zooming in on what went wrong and overlooking what went right

You might notice that even when a lot goes well, your attention locks onto the one thing that didn't. Compliments bounce off, progress gets minimized, and achievements are quietly dismissed as "not a big deal." This isn't because you're ungrateful or pessimistic—it's a protective habit your mind learned somewhere along the way. The good news? With practice, you can train your attention to take in the whole picture again.

2. Turning one moment into a lifetime story

A hard day becomes "this always happens." One disappointment turns into "it'll never change." When words like always, never, no one, or every time show up, it can feel as if hope evaporates—and when things feel hopeless, it's hard to try. These sweeping conclusions feel convincing in the moment, but they're stories, not prophecies. Stories can be edited.

3. Reducing yourself (or others) to a label

Instead of noticing a behavior that didn't work, the mind jumps to a verdict: lazy, selfish, too much, not enough. Labels feel clarifying, but they actually freeze growth. They replace curiosity with judgment and keep you stuck simmering instead of responding. You are always more than a single moment or trait—and so is everyone else.

4. Filling in the blanks without checking the facts

Your mind may tell you it already knows what others are thinking: They don't care. I annoyed them. I'm not important to them. You react accordingly—pulling back, bracing, or shutting down—only to find relationships feeling more distant. Often, it isn't truth creating the distance, but fear trying to protect you. It's okay to pause and ask: Do I know this, or am I guessing?

5. Living in a future that hasn't happened yet

You imagine the worst-case outcome and start responding as if it's already true. Energy drops. Defenses come up. You might not fully show up because failure feels inevitable. The mind feels momentarily safer being "prepared," but the cost is discouragement and disconnection. The future isn't fixed—and neither is your role in it.

6. Treating feelings as facts

Feelings are powerful signals, but they aren't always accurate reporters. "I feel inadequate" can quietly turn into "I am inadequate." Often, these feelings are echoes of old experiences rather than reflections of what's happening now. You can honor a feeling without letting it define reality.

7. Beating yourself up with "shoulds"

I should be better by now. I should know this. I shouldn't feel this way. These inner commands often sound like motivation, but they usually land as shame. If you were raised with pressure instead of compassion, this voice may feel familiar. You get to choose a different tone now—one that guides instead of punishes.

8. Taking things personally that were never about you

You may automatically assume responsibility for other people's moods, reactions, or choices. This can lead to unnecessary guilt, self-blame, or shrinking yourself to stay safe. While self-reflection is healthy, not everything is yours to carry. Much of what others do says more about them than about you.

A Gentle Reminder

These patterns aren't character flaws—they're survival strategies your nervous system learned over time. And anything learned can be unlearned, softened, or reshaped. Awareness is the first opening. With kindness, support, and practice, it is possible to step out of these loops and respond to life—and yourself—with more clarity and ease.

Which do you use the most? # , # , # How do you end up feeling or acting when you think like this?

Together we will work to free you from types of thinking.