



DISCERNMENT



ATTACHED NY

Find out if Discernment Counseling is Right
for You



What is Discernment?

Discernment offers a reflective space to assess your relationship's current state, both its strengths and challenges. It compels you to ponder: Can we make the necessary changes to foster a healthier relationship? Is there potential for both partners to be their genuine selves, or would staying together means suppressing essential aspects of our identities?

After five sessions, you'll be equipped to make an informed choice about the path best suited for you:

This process will allow for clarity and confidence in a direction for the relationship, based on a deeper understanding of what's happened to your marriage and each person's contributions to the problems.

You will both be equipped to decide which of the three paths is right for you.



What are the 3 Paths?



Path One: You choose to remain together, striving to make the relationship work without demanding significant changes. This might be due to external factors like children, family with extended medical needs, financial constraints, or an inability to enact change currently.

Path Two: You opt for a collaborative separation or divorce. While one partner might lean more towards this, both parties aim to conclude the relationship with respect and empathy. This decision reflects a commitment to finding the most healing path after exploring all options.

Path Three: Both partners agree to rule out separation for six months, dedicating this time to genuine transformation. During this period, you'll introduce changes, compromises, and establish new boundaries. After experiencing these alterations, you'll determine if the relationship can cater to everyone's needs without forsaking personal integrity.

Therapy | Discernment

How does Discernment differ from Couples Therapy?

While discernment seeks to answer the question, "Can our challenges be resolved together, considering our individual identities?", couples therapy provides the tools and practices to facilitate these changes. Couples therapy delves into past traumas, promoting healing, and paves a rejuvenated path for the relationship.





Are we going to spend most of our time talking to each other?

No. Initially, you will spend most of each session talking with the therapist separately.

The primary goal of the discernment process is individual clarity. It's crucial to ensure each person understands and is aligned before diving into relational work. When one partner actively showcases change efforts in front of the other, they might overlook their intrinsic patterns requiring attention. Conversely, the more hesitant partner might feel pressured to reciprocate, preventing them from fully considering their stance. The therapeutic space is designed to prioritize individual reflection over collective interaction.

Craft the Next Chapter of Your Love Story

Decisions become clearer when insights meet action.

With Discernment Counseling, you're not just making a choice; you're crafting the narrative of your shared journey.

Turn Insight Into Action

Start your transformative consultation today and watch as clarity paints your path forward.

Embrace Your Relationship's New Narrative

Every story deserves a chapter where understanding meets purpose. Begin yours.





Connect Today



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Free Consultations HERE

