



MARRIAGETEAM

Empowering Couples *for* Winning Marriages

Couple Reviews

We had excellent coaches. They were welcoming, did not judge and were supportive to both my wife and me through our weaknesses and challenges. They exhibited grace and faith. We had been adversarial and competitive rather than collaborative. We had hot spots that were toxic. Through coaching, we had revelations about each other's feelings, needs and weaknesses. We have much greater self-awareness. I am committed to being a better husband. Jason, Ridgefield, WA, 9.22.19

Our home was filled with angry yelling, cursing and accusations. We were both so wounded. We hurt everyone we came in contact with. We spoke only when we had to and most of it was just to share logistical information about the kids or it disintegrated into a screaming match. At times we were cordial, but far from respectful. I despised my husband and had nothing good to say about him. **Our children would hide and cry** because they felt powerless in the presence of out of control parents.

Our home is now a much calmer place – not perfect, but better. We have experienced both the giving and receiving of forgiveness. There is gratitude and respect in our conversations. We enjoy being together as a family and look for ways and times to hang out. I am working on hearing the heart of my friend and not just his words.

Coaching honestly feels like a pride swallowing siege initially, but the coaches are not there to take sides, judge, condemn or even give advice. They merely give perspective and allow the Holy Spirit to do His work. If you want a deeper, more meaningful relationship with your spouse, investing in yourselves through coaching is well worth the effort for the returns it brings. Stacie, Eugene, OR 8.30.19

Marriage coaching has been a Godsend. Our coaches are encouraging and uplifting, always reminding us we can succeed in our marriage. My husband and I heard of this 'marriage coaching' from a friend and decided to give it a try. We have been in a rough patch for the last several years and did not want to become another statistic as we have both previously been married. We, as a team, have accomplished more in one session of coaching than we have in 4 sessions of counseling combined. We are learning fundamental tools that, if applied, can have a long lasting, loving effect not just for our marriage but on our children too. I am learning to be more confident in healthy conflict and facing life head on. Coaching should be what pastors everywhere recommend along with premarital counseling before any good willed person says I do. Whether you think you need it or don't, marriage coaching is for everyone from all walks of life. | Wife after 4 sessions of coaching – 8.9.19 (We have permission to use her words only.)

Our relationship was becoming bitter. We misread each other's hearts. We blamed each other a lot. We began to avoid emotional intimacy. Our coaches were strong enough for our strong personalities. They had amazing insight into our responses and needs. They were kind without enabling any dysfunction. Coaching was fabulous, painful, enlightening, challenging, worthwhile, motivating and life changing. She cares about my feelings and is learning to listen better. I am trying to give her the benefit of the doubt and not judge her heart and motives. We have made huge changes by making a life plan and setting goals! Roy and Gail, Portland, OR 6/26/19 Coaches Webinar 9.26.19

The tools that we were taught are extremely valuable in our continuing relationship. However, the best outcome for me is that I am now sensitized to my own behavior, knowing many of the actions that

create strife in my marriage. I understand that this is a process and not an event. I'm in this for the long haul. Husband, Oakland, OR 6/6/19 Coaches Webinar 6.25.19

There were some very difficult issues we needed to work through. Though it was painful, it was very necessary. We have come through this process and are in a much better place. We now communicate better. We enjoy our time together. My husband is much more loving toward me. Wife, Oakland, OR 6/6/19 Coaches Webinar 6.25.19

We were close and ready for marriage, but there were big topics that had not come up in conversation yet (expectations for chores, previous family life, etc.) This program did a great job bringing up those topics and now we feel even better and more prepared. We are both closer to each, more understanding and aware of each other's perspectives. Adrian, Eugene, OR 5/30/19

I think the premarital coaching was really beneficial to learn about the kinds of communication that are effective in our relationship and the kinds that are not. We also learned to listen well and make sure the other person is not only heard, but also feels heard- I found this helped grow our trust for each other! Our coaches stuck up for both of us and gave us some good outside, but insightful perspectives on different issues. Bride, Vancouver, WA 5/29/19

This took a 12+ year marriage from bad to good. Things turned around faster than I thought they could. I really enjoyed our coaches. They had a lot of insight and were very understanding of our situation. I have learned how to better communicate with my wife and our spiritual connection is much stronger. Ralph, Eugene, OR 5/18/19

Our coaches were really good listeners and understood how to guide us in the right direction. I had been considering asking to separate. I did not believe that this could make the big changes for us that it did. I now have a belief that we can make it work. We have much better communication and the ability to work through problems. Theresa, Eugene, OR 5/18/19

Our coaches were very relational and personable individuals. They were very honest, which I greatly appreciated. They provided lots of good insights. Our marriage was becoming quite rocky. We never went as far as getting divorce papers, but it definitely was "thrown out" there multiple times. We communicated in a very condescending way. I feel like I trust my spouse more than before. We are more open and willing to discuss deep issues without getting too many emotions involved. Jacklene, Creswell, OR 4/25/19

The coaches were knowledgeable and provided insight into their marriage and how they worked through difficulties. Our marriage was on the rocks. We were struggling with communication and dealing with life's problems. We have brought intimacy back into our marriage. Our communication is improving and our happiness is at a high note. Lucas, Creswell, OR 4/25/19 Coaches Webinar 5/30/19

We had separated before coaching and I felt very hopeless about our marriage improving. It was very helpful to learn how to talk through issues and get past just saying we were angry and really getting to the deeper emotions. We have been able to be honest about our feelings and talk through situations like we haven't been able to in the past. We are no longer considering divorce. Athena, Vancouver, WA 4/2/19

I was surprised that the coaches didn't try to fix our issues. They taught us how to communicate so we could fix them ourselves now and in the future. We had talked many times about divorce, and a good day was when we didn't fight. Now, we talk and enjoy each other's company again. Joel, 4/1/19

The tools learned in coaching were better than I expected. We were on the verge of ending our relationship. Since learning to communicate more effectively, we've decided not to divorce. Zee, Vancouver, WA 2/21/19

I thought this coaching process was just going to be about how bad I am. It turned out to show where I need to make adjustments and improvements. I found it to be very good! We communicate much more clearly and listen to each other with more focus now. Erick, Gresham, OR 2/18/19

Our coaches were positive, caring and well prepared. We were in disrepair before coaching and not hopeful. We have better communication, additional grace for each other and tools to improve our relationship. Jason, Warren, OR 2/28/19 Coaches Webinar, 3/21/19

I am looking forward to developing and using the skills we learned to improve communication. John

We were very distant, just going through the motions of everyday life. Now, we have a deeper understanding of each other. Our love is stronger than we realized. Lindsey, Vancouver, WA 2/9/2019

We're slower to snap at each other, we have more intimacy and are generally kinder to each other. Jon, Portland, OR 2/1/2019

We are closer and communicating better. Julienne, Washougal, WA 1/26/19

Our coaching was very personable and energetic. It was serious but also fun. From Point A to B, they really walked us through different things that we were struggling with that we weren't aware. We now have openness in areas we were not comfortable talking about before. Rylee, Vancouver, WA 1/16/19

We had been in constant misery and anger and were considering divorce. I was worried at first about talking to strangers, but it was easier than I thought. I feel like the tools given to us were great! We have been able to discuss things I never thought I would be able to discuss with my husband. Our marriage has improved so much, we have decided NOT to divorce. Courtney, Wilsonville, OR 10/20/18

I was nervous about sharing intimate details of our marriage with two people that weren't licensed counselors. However, this was quickly overcome with the flow of the program and the great benefits learned. Our relationship had been volatile and tenuous. We had a lot of band-aid fixes to our marriage problems but the wounds would often be reopened and we didn't know how to fix them. It felt so good to walk out of each session with tools that could be immediately implemented. We walked away from the first session with the most hope we've ever had for a successful marriage. We now have strong and effective communication tools and finally a method to diffuse anger in our marriage. We have hope for a wonderful marriage! Chris, Wilsonville, 10/20/18

Coaching exceeded our expectations! We've been to counselors before but haven't had lasting results. With MarriageTeam, our coaches were able to give us the tools for now and the future. They were able to tailor our sessions to our needs. They used personal examples and expanded on areas where we needed the most help! Linda, Eugene, OR , 10/1/18

We had amazing coaches that were very easy to talk to and put things in perspective. Coaching was fun and non-judgmental. We are now better at listening and problem solving. We have less fighting over little things. Ross, Ridgefield, WA 9/17/18

The coaches were great at giving feedback to help my spouse see some things to help him communicate better with me. I really appreciated them being good listeners. They allowed us to openly communicate our issues and concerns within our marriage in a safe and non-biased environment. I appreciated the

trust and platform they gave us. I felt broken and not very positive initially. But the coaching has helped us understand each other's differences and similarities. My husband listens to me and doesn't react negatively to comments or questions. I don't feel as uptight and fragile in my relationship. He's assured me that he doesn't want to divorce. Jane, Portland, OR 9/10/18

Coaching was amazing. It was different than counseling in that it feels like you are making friends with another couple and they are simply coaching you through things they themselves have been through. Very comfortable. Our relationship was already pretty solid. We were engaged at the time and got married within two weeks of our final coaching session. We had talked about a lot of aspects of our future and what we wanted our life together to look like and consist of. However, we had concerns as well. Each of us had previously been married and my husband was bringing two children into our relationship. I also have a chronic illness. These are some huge stress factors. This is why we thought MarriageTeam would be a good place to build our firm foundation as we planned for our coming battles. We have improved our communication. We were also able to have some dynamic plays in place for the days that are coming where the stress becomes too much and my health, the kids, work, etc. is getting the best of us. Lydia, Myrtle Creek, OR 8/30/18

We were so blessed personally by the coaching we received. As potential coaches ourselves, their experiences, suggestions and insight were invaluable. We have a great marriage, but feel that it has been enriched as a result of coaching. We have been able to share our experiences with coaching with our grown married children and it has been really awesome. Tiffany, Battle Ground, WA 8/2/18

We had been fighting all the time and neither of us was being heard. I felt unwanted and unloved. Our coaches helped us understand where the other was coming from and how to express our emotions and our feelings without attacking the other person. They truly understood the dynamic of what a healthy God-centered relationship looks like, and helped show us that. My husband decided to be in the relationship 100%, and that shifted my perspective of our marriage, and how I knew he saw me. Rebekah, Vancouver WA 7/3/2018

Coaching made me think about what I was doing each day in every interaction with my wife. There had been a lot of tension, distrust, giving up on communication and avoiding issues. Our coaches did a great job of identifying root causes that we were blind to. We now have more trust. Coaching exceeded our expectations and we are no longer considering divorce. Charles, Vancouver, WA 7/3/2018

I did not think coaching could have as much impact as it did. We had never invested time to work on our marriage. Our relationship was a little shaky before we started. Coaching was balanced, impactful and got things on the table to look at and discuss. We now stop to think and have tools to help us work together. Sam, Vancouver, WA 6/28/2018

We came into this experience not knowing what to expect. The workbook and coaching sessions were great! As we prepared for marriage, we didn't have any recurring, major problems, just normal relationship hurdles. We have great coaches who taught us new communication tools and problem solving strategies. Our communication has improved and my fiancée has been micromanaging me less. John, Vancouver, WA 6/19/18

Our coaching experience was great. We learned a whole lot about communication and are still digesting the nuggets. While we were communicating regularly before coaching, we didn't have the appropriate skills to resolve conflicts. We learned how to complement each other and resolve conflicts by both collaborating to come up with win-win solutions. We communicate better and have a better understanding of each other's personality. Liz, Tallahassee, FL 6/16/18