

Who should register?

Individual spouses...

- **in distressed marriages**
- **in stable marriages who are experiencing disconnection**
- **who are separated or divorced and want insight into what went wrong**
- **looking for support to rescue their marriage**

You can choose to do the course with or without a Companion...

What is a Companion?

A Companion is a person or a couple who accompanies you as you progress through the material. Their role is to support, encourage, pray with you, and help you apply the frameworks into your life. They are skilled in listening and assisting spouses in distress to find comfort and clarity in their difficult situation.

They can help you access deeper insights and get greater value from the course.

If a Companion is not available in your area you may choose to purchase the SL Coaching package.



COMPANION DETAILS



An Online course for spouses in distressed marriages



SmartLoving BreakThrough is a practical, solution-focused course for all stages of marriage. Drawing on contemporary research and Catholic theology, this course will arm you with skills and insights to transform your relationship into the thriving, joy-filled encounter that it is meant to be.



REGISTER NOW

SmartLoving.org/BreakThrough

Breakthrough issues at play in your marriage



All couples go through periods where their relationship is strained.

Stress, sleep-deprivation, demands from family and work can starve your marriage of the positive energy it needs and deserves.

Put your marriage back on track with frameworks especially designed for the individual spouse seeking to improve their marriage.

- **Identify your conflict triggers**
- **Learn strategies to de-escalate an argument**
- **Understand the deeper issues**
- **Find constructive ways to re-establish connection**

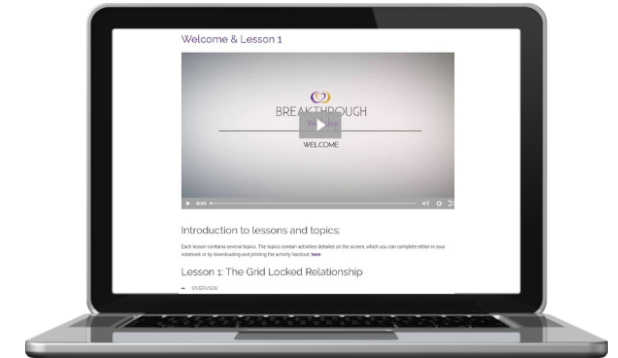
PRIVATE | PROVEN RESULTS | SPIRITUALLY SOUND

Gift certificates are also available.

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The course gave me hope that we are moving in the right direction, but it will take time. It raised topics that we had not dealt with properly.

(Male, Married 29 years)



FAQs

How long will the course take?

The course is divided into three parts, each part takes approx. 60 mins and we recommend taking a little bit of time in between each part to process what you have learned.

What's included in the content?

BreakThrough is practical and solution focused, so you will learn strategies you can start applying today to move your relationship forward– with or without your spouse.

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The course has helped me understand my spouse and how we interact. It helped me identify wounds we have caused each other by our reactions. I now see the underlying needs in our arguments and have developed strategies to stop the escalation of an argument.

(Female , Married 32 years)



FOR MORE FAQs

SmartLoving.org/BreakThrough