



ESTI KEDEM

BIRTH & RELATIONSHIP
EXPERT | CBT CERTIFIED

THE SECURE BOND · A LOOK INSIDE

Inside Your Coaching Journey

A CBT-based look at the work we do together

A real glimpse of how transformation unfolds — the method,
the mindset shifts, and what actually changes along the way.

This isn't advice. It's a new way of seeing.

So much of what keeps couples stuck isn't the problem itself — it's the story they tell themselves about it.

"He doesn't care." "I'm always the one who tries." "We'll never get back what we had." These thoughts feel like facts. But they're patterns — learned, automatic, and changeable.

That's the heart of **CBT (Cognitive Behavioral) coaching**: together we notice the thought, question it gently, and replace it with something truer and kinder. When the thought shifts, the feeling shifts. When the feeling shifts, the way you turn toward each other shifts too. Over our journey you'll build **tools you keep for life** — a new way of communicating, repairing, and staying close under pressure.

THE ARC OF THE WORK

The Secure Bond Method

Every journey moves through five stages — the path we walk together, one session at a time.

1

Awareness

We map your patterns — the triggers, the loops, the stories underneath the conflict — so you finally understand *why* it keeps happening.

2

Safety

We rebuild emotional safety, so hard conversations stop feeling like threats and start feeling like connection.

3

Communication

You learn to say what you feel without blame, and to hear each other without defensiveness — using real CBT tools.

4

Connection

With the noise cleared, warmth and intimacy return — not by force, but because it finally feels safe again.

5

Partnership

You leave as a team with a shared language — able to repair on your own, long after our work together ends.

A reframe from a real session

Here's the exact kind of shift we practice together. Watch how one thought changes everything.

The automatic thought

"He didn't ask how my day was. He doesn't care about me anymore."

↓ WE PAUSE AND LOOK CLOSER ↓

"He came home exhausted and went quiet — the same way I do when I'm depleted. His silence isn't rejection. We're both running on empty, and we both need care right now."

Nothing about the situation changed. But the **meaning** did — and with it, the whole evening. Instead of cold distance, there's room for "It looks like we're both wiped out. Can we just sit together for a minute?"

YOUR TURN · A CBT WORK PAGE

Try one reframe yourself

Take one real thought that's been weighing on you, and gently walk it through.

1 · The thought on your mind

2 · How does it make you feel?

3 · Is it 100% true? What might you be missing?

4 · A kinder, truer way to see it

LISTEN & GO DEEPER

The Power of CBT

An episode from my podcast on how these small thought-shifts rewire the way we love, react, and reconnect. A perfect companion to this work.

▶ [Listen to the episode](#)

OVER OUR 10 SESSIONS TOGETHER

What actually changes

Sessions 1–3 · Understanding. The relief of finally seeing the pattern — realizing you're not broken, just stuck in a loop you can change.

Sessions 4–6 · Practicing. New tools for communication and repair. The arguments get shorter. You start catching yourselves mid-cycle.

Sessions 7–10 · Reconnecting. Warmth returns. You feel like partners again — with a shared language you keep for good.



YOUR JOURNEY BEGINS WITH ONE STEP

Ready to begin your journey?

Every journey begins with a **75-minute Introduction Session** — one deep, virtual meeting where we map your transformation and make sure we're the right fit.

[Book your Introduction Session](#)

Not sure yet? Start with a [free 15-minute call](#) — no pressure, just a conversation.

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