



A FREE SNEAK PEEK, FROM THE SECURE BOND

The Growth Evenings

Your free taste of The Growth Evenings: four guided couples evenings that turn a quiet night and a glass of wine into the deepest conversations of your relationship. Tonight's questions are inside.



Esti Kedem · CBT-certified relationship & life coach · thesecurebond.com

WHAT THIS IS

Coaching-grade conversations, at your own table

The deepest work I do with couples does not happen on my couch. It happens in their home, in the conversations they finally have. The Growth Evenings put those conversations in your hands: four guided evenings, each one quiet, structured, and safe, built on the same CBT method I use in my coaching practice.

No phones. Something warm in your glass. And questions most couples carry for years without asking.

These are the same questions I open my private couples sessions with. The full series puts them, with the CBT keys and reframes behind them, in your hands, to keep and repeat, season after season.

"Love is when you like their personality. When you respect their values, that is love in action. And when you commit to helping them achieve their goals, that is love in practice."

Esti Kedem

1 The Alignment Evening. Are we still walking in the same direction? Your values, your five-year picture, and a 7-area alignment check you rate together.

2 The Trust Evening. The foundation itself: where trust lives, where it has thinned, and how it is rebuilt, gram by gram, with small promises kept.

3 **The Awakening Evening.** The bravest questions: what needs am I not fulfilling, where am I lacking, how can I be better for you and for us, and the good you each bring, said out loud.

4 **The Wholeness Evening.** You do not complete each other, you are complete already. Reclaiming your own friends, hobbies, and rituals, and becoming the bonus in each other's full lives.

How couples use the series

- **As a beautiful beginning.** Many couples do the four evenings before ever booking coaching, it is the gentlest first step into the work.
- **As loving maintenance.** Strong couples repeat the evenings every season, the way you tend anything you want to keep alive.
- **As a gift.** An engagement, an anniversary, a friend whose bond deserves tending.

The rules that make it safe

Every evening in the series opens with the same agreement, spoken out loud:

- No raising your voice. Softly is the only way truth gets heard.
- Validate the other person. You do not have to agree to say "I hear you."
- Never dismiss a feeling. If your partner feels it, it is real.
- Keep your face soft. No eye-rolling, no sighs. Your face is part of the safe space.
- If it gets too much, cut it off and leave it there. Return on purpose, another evening.
- Do not take it into the next day, or into your sleep.

Try it tonight: one question from each evening

Here is a real taste. Pour something warm, put the phones away, and try these four, using the rules above.

From Evening One: In five years, a beautiful ordinary Tuesday in my life looks like this...

PARTNER 1

PARTNER 2

From Evening Two: A moment I knew, deep in my body, that I could trust you was...

PARTNER 1

PARTNER 2

From Evening Three: You make me feel loved when...

PARTNER 1

PARTNER 2

From Evening Four: Something of my own, a friend, a hobby, a ritual, that fills me up and makes me a better partner is...

PARTNER 1

PARTNER 2

*If these four questions opened something at your table, imagine four full evenings.
Each guide adds the CBT keys, the deeper question sets, the reframes, and the small
weekly promises that turn one good conversation into lasting growth.*



The full series: four evenings, one growing bond

Get all four complete guided evenings, the Alignment, Trust, Awakening, and Wholeness Evenings, with every question set, CBT key, and reframe, for \$49. Yours instantly, yours forever.

Get The Growth Evenings series, \$49

payhip.com/b/DxdzQ · instant download · all four evenings

Book your couples session

calendly.com/estiluv2coach-7nim/30min · 75 minutes · on Zoom

WhatsApp: wa.me/17285006027 · Instagram: [@the_secure_bond_](https://www.instagram.com/the_secure_bond_)