



THE 6 SIGNS

You're a Couple in Trouble

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Hello! I'm Dr. Jackie.

The 6 Signs You're a Couple in Trouble

How to recognize the warning signs before disconnection becomes the norm

I wrote this guide for you because I know, firsthand, that there are inevitable challenges that all couples experience. These challenges can be heartbreaking and cause you to feel deeply dissatisfied with your partner, your relationship – and even your life.

I know because I worked with couples as a therapist from the mid-1980s to 1999 who loved each other and were seriously out of sync. Couples who still loved each other, but the spark and joy of being together was dimmed or gone. Couples who still loved each other, but money, career, children, or aging parents created a wedge between them.

I know because since 1999, when I transitioned into Marriage Coaching, I have guided many couples to discover their unique way to live a REMARKABLE life together.

And I know because I met and married Mark, the love of my life, and lived happily ever after until his death from cancer in 2005.

I want to guide you to move forward into stronger and closer connection with each other, and return to a rich, meaningful, and loving life and love-life.

THE OVERVIEW OF THE PROBLEM

Falling in love is easy.

Staying in love... and feeling close... is where things begin to change.

Love is NOT enough.

But, you already know that. What most couples don't fully see at first is how the distance actually starts.

- It's subtle.
- It's slow.
- It's life.

You start focusing on schedules.

Responsibilities.

Who's doing what next.

And without realizing it...
the relationship itself starts getting less of you.
Not because you don't care.
Because everything else feels louder.

✦ **A quiet check-in for you:**

When was the last time you felt truly met by your partner?

Not managed. Not coordinated.

But felt?

Just notice what comes up.

DO ANY OF THESE FEEL FAMILIAR?

Scenario #1

No one ever taught you how to build a strong, passionate, deeply connected relationship.

So you've been figuring it out as you go... hoping love would be enough to carry you.

Scenario #2

Your conversations are mostly about logistics.

Schedules. Plans. What needs to get done.

And somewhere in all of that... the connection has gotten thinner.

Scenario #3

You feel stuck in the same cycle.

The same conversations. The same tension. The same outcome.

And at this point... even bringing things up feels exhausting.

And there's more

DO ANY OF THESE FEEL FAMILIAR?

Scenario #4

You're tired of how you interact.
The overreactions. The misfires.

The feeling that you're not really hearing each other anymore.

So instead... you start pulling back.

Scenario #5

Blame has quietly taken over.
Not always out loud... but underneath things.

A running story of "you should..." "you didn't..." "why can't you..."

Scenario #6

How did the person you love most in the world...
start to feel like someone you can't quite reach, anymore?

Why does wanting to feel closer...
so often end in pushing each other further away?

If you are like so many couples, you spend more time each week staring at a screen than you do spending real, connected time together.

Not just being in the same space.

But actually feeling each other.

And that's where the shift happens.

Not because the love is gone.

But because you and your partner are no longer meeting each other in the ways that you need and want to.

“Dr. Jackie's non-judgmental guidance helped us **regulate, reconnect, and build a meaningful life alongside illness.**”
-Don and Jen G.

WHAT COUPLES IN TROUBLE OFTEN DON'T REALIZE

Most couples don't realize they're in trouble right away.

Because from the outside... everything still looks "fine."

You're still functioning.
Still managing life.
Still showing up.

But inside the relationship...

Something feels different.

The warmth isn't as easy.
The closeness isn't as natural.

The "Us" doesn't feel as strong.

 **A simple reflection:**

If you're honest... which feels more true, right now?

"We're close, we just need more time"

"We're together... but something feels missing"

Just notice your answer.

IT'S TIME TO RECONNECT ON PURPOSE

Closeness doesn't come back by accident.

It comes back **through intention.**

Through attention.

Through small, consistent moments.

Not grand gestures.

Not waiting for things to "feel better."

But gently... intentionally... returning to each other.

✨ **A small practice to try today:**

Tonight, instead of going straight into logistics or screens...

Pause for just 2 minutes.

Sit near each other.

Put your phones down.

Make eye contact.

And ask:

"What was one moment today that stayed with you?"

That's it.

No fixing.

No giving advice.

Just listening.

A TRUTH MOST COUPLES NEED TO HEAR

You are not too far gone.

You are likely just out of practice.

Out of practice:

- noticing each other
- responding instead of reacting
- creating moments of connection on purpose

And practices can be rebuilt.

💬 **A thought to carry with you:**

*"Closeness isn't something you find, again.
It's something you start practicing, again."*

A FINAL THOUGHT

If you recognize yourself in any of this...

Take a breath. **This is not the end of your relationship.**

It's a moment of awareness.

And awareness is where change begins.

Most couples in trouble still love each other, deeply.

What's missing is not love.

What's missing is knowing how to reconnect in a way that actually works.

And that can change.

If this sounds like you...

There is a way forward.

- You can interrupt the patterns.
- You can close the distance.
- You can feel like "Us" again.

And it begins with small, intentional shifts like the ones you've just experienced here.

MARRIAGE COACHING WORKS

If you're seeing yourselves here, the next step is simple.

Discover the small, but oh so powerful shifts that help you reconnect and feel close again.

[Download: The 3 Gold Nuggets Couples in Trouble Depend On](#)

Or, if you prefer...

Each month, I open a limited number of private conversations where we take a thoughtful look at what's working, what feels hard, and what you wish were different.

These conversations are by application, and I personally review each one. If it feels like the right moment for you and your partner, I would love to meet you.

If you would like one...

[Your Application Is Here!](#)

Cheers to your joy with your partner,

Dr. Jackie
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