

# Couples Coach



**Couples Coach** is a **free mobile application** created for partners who want to improve their relationship and explore new ways to connect. It was developed by the Department of Veterans Affairs (VA) in 2020. The app works best if used together with your partner. It will help you practice skills like observing feelings and behaviors. This can increase positive interactions and communication and help you work through conflict and connect to your community. Couples Coach is not meant to replace professional couples counseling or care related to mental health conditions, such as PTSD.

## TAKE SMALL STEPS TO IMPROVE YOUR RELATIONSHIP

Couples Coach includes dozens of missions—small commitments to improve your relationship—to work through on your own or with your partner.

- Learn and practice relationship-building skills
- Take a love quiz and share what makes you feel loved with your partner
- Work through 5 levels of missions to strengthen your relationship

## START IMPROVING YOUR COMMUNICATION

When using Couples Coach with your partner you can access love notes to send messages to one another.

- Share how you are feeling
- Send stickers or photo messages
- Ask fun questions to spark a conversation and connect more fully

## TRACK PROGRESS TOWARD BECOMING A STRONGER, HEALTHIER COUPLE

There are tools in Couples Coach that can help you take care of yourself and better understand your relationship.

- Favorite the tools that you find most helpful so you can access them quickly
- Set reminders to check in regularly
- Set relationship goals, track relationship satisfaction and review healthy and unhealthy behaviors

## FIND A COUPLES COUNSELOR WHO CAN HELP

Couples Coach features a locator to find professional help, if needed. Many additional links are available, including resources specific to Veterans and family members.

