

# THE BRIGGS ALIGNMENT FRAMEWORK™

CLINICIAN EDITION — A Structured Instrument for Couples Work

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## WHEN COUPLES KEEP REPEATING THE SAME ARGUMENT, THIS SHOWS WHY. HELPS YOU MOVE THEM FORWARD IN 1-2 SESSIONS.

### WHAT IT IS

A structured self-assessment tool that surfaces patterns, exposes value gaps, and creates actionable commitments in the first 1-2 sessions.

### WHEN TO USE IT

- Intake (Sessions 1-2) to establish baseline patterns
- Stalled progress — same argument, no movement
- Pre-commitment decisions: moving in, engagement, reconciliation
- Between-session homework — structured reflection

### HOW IT WORKS — 3-SESSION ARC

#### 1 INDIVIDUAL COMPLETION

Each participant completes their sections alone. Clinician reviews for risk flags before sharing.

#### 2 GUIDED SHARE

Clinician facilitates structured sharing using built-in prompts. Normalise patterns. No cross-examination.

#### 3 BUILD PLAN + COMMITMENTS

Partners co-create a shared Build Plan. Commitments are written, witnessed, and reviewed at the next session.

### DESIGNED FOR

- Couples therapists and relationship counsellors
- Marriage and family therapists (MFTs)

### WHAT IT UNCOVERS

- Repeated relationship patterns the client cannot see themselves
- Mismatch between what they expect and what they bring
- Individual contribution to conflict — not just the partner's
- Behavioural gaps, not just emotional ones
- Where values and daily actions are misaligned

### WHY IT WORKS

- Forces conversations most couples avoid
- Forces individual accountability — no blame-shifting
- Uses observable behaviour, not opinion or feeling
- Structured to prevent escalation during sharing
- Built-in de-escalation protocol for hot moments
- Designed for facilitated use — not self-guided

### WHAT YOU GET

- 25-page Clinician Edition PDF — print-ready
- Clinician Guide: when/how to use, contraindications
- Consent and Ground Rules page (participant-facing)
- Guided Share Prompts built into every section
- Build Plan framework — co-owned, observable
- Session Debrief Page for clinician notes
- 30-Day Alignment Reset with weekly checkpoints

Less than the cost of one session. Used across every couple you work with.

**\$89** SOLO CLINICIAN LICENSE

Unlimited use in your practice. One-time. Includes future updates.

**\$149** PRACTICE LICENSE

2-5 clinicians in the same practice. One-time.

TRY IT WITH ONE COUPLE THIS WEEK — NO COMMITMENT REQUIRED

Request a sample section or enquire about clinician access:

[clinician@beforeyouchoose.com](mailto:clinician@beforeyouchoose.com)

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BLOCK 01

# WHAT CHANGES WHEN YOU USE THIS

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- Couples stop repeating the same argument
- Patterns become visible within 1–2 sessions
- Blame shifts to ownership
- Therapy stops circling and starts progressing

BLOCK 02

# WHY THIS IS DIFFERENT

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- Not a worksheet — a structured intervention you can run in session
- Combines self-audit + relationship alignment in one tool
- Built to surface what couples avoid

BLOCK 03

# TRY IT WITH YOUR NEXT COUPLE

## UNLIMITED USE IN YOUR PRACTICE — \$89 ONE-TIME

Practice license (2–5 clinicians) available at \$149.

No training required. Use immediately.

Request access:

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