

SELFTRACE for Couples and Marriage

A clearer way to read what activates inside relationships in crisis.



Vertical

Couples, marriages under strain, and relationship-strengthening programs

Focus

SELFTRACE for Couples and Marriage

Core

Scientific + actionable

SELFTRACE helps people observe what happens in arguments, emotional distance, demand, avoidance, insecurity, and relational overload. It reveals relationship patterns without reducing the bond to blame or simplistic labels.

What makes this valuable

- Reveals attachment, avoidance, demand, defense, and overadaptation patterns.
- Delivers relational cost and a small actionable alternative.
- Builds evidence across sessions and couple contexts.

Use cases

- Communication crisis, repeated arguments, and emotional distance.
- Programs for marriage strengthening, intimacy, and repair.
- Personal work to understand how each partner enters conflict.

Relevant benefits for this sector

- More clarity to see the pattern before repeating escalation.
- Less abstract blame and more concrete observation of the dynamic.
- A useful language for relationship intervention with more precision.

Sharing notes

- Especially relevant for relationship, marriage, and relational wellbeing contexts.
- Can be shared with individuals or professionals working with couples.
- Its value lies in helping people see the pattern before hurting each other again.

Scientific and operational basis

SELFTRACE combines deterministic pattern reading grounded in psychological flexibility, traits, and attachment theory. AI only improves the output language; detection itself relies on reproducible rules.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE turns real micro-decisions into clear, actionable signals with scientific grounding.

Registration / access: <https://www.self-trace.com/Identity/Account/Register>

System guide: <https://www.self-trace.com/HowItWorks>

Entry page: <https://www.self-trace.com/>