



IS YOUR MARRIAGE DRIFTING OR EVOLVING ?

A short relational snapshot for couples who
want clarity before resentment hardens.

BY CHRIS AND NAOMI MURRAY

WELCOME

Hi there!

This relational snapshot was created by Chris and Naomi Murray, founders of Sansun Therapy Company.

Chris is a Cognitive Hypnotherapist whose work focuses on the underlying patterns that shape relationships, the beliefs that drive behaviour, and the identity shifts that occur over time. He works at the level beneath the argument, where meaning, attachment, and personal evolution quietly influence connection.

Naomi's work centres on nervous system regulation and emotional stability. She brings a grounded, practical focus to helping individuals with life optimisation through organisational methods.

Together, they work with couples who are not necessarily in crisis, but who recognise distance, repetition, or drift. Their approach is structured, direct, and designed to create clarity before resentment becomes fixed.

This document is not therapy. It is a starting point for honest reflection. The deeper work happens inside guided sessions.

Chris and Naomi

ABOUT US

Sansun was founded by Chris and Naomi Murray.

It was created to offer structured, psychology-informed support for individuals and couples seeking clarity, change, and deeper connection.



THE BEGINNING

**You made a commitment once.
You chose each other.**

**This is not about blame.
It is about identifying what has
changed, what still matters, and
whether you are still moving in
the same direction.**

**Complete this separately first.
Then compare.**

Clarity comes before repair.

THE DRIFT CHECK

Answer Individually Scale 1-10

I feel emotionally connected to my partner.

I feel understood by my partner.

I feel desired by my partner.

We handle conflict well.

I feel like we are growing in the same direction.

What has changed in me in the last five years?

What has changed in you?

The thing I don't say out loud is...

IDENTITY SHIFT

Answer Individually Circle What Feels True

I feel more:

Independent than connected

Responsible than supported

Functional than romantic

Tolerant than fulfilled

Roommates rather than partners

Critical than curious

Careful than spontaneous

What do I need more of that I am not receiving?

What do I give that goes unnoticed?

THE COMMITMENT QUESTION

Answer Individually Circle What Feels True

I want this to work and don't know how.

I want this to work but I'm tired.

I'm unsure if I still want this.

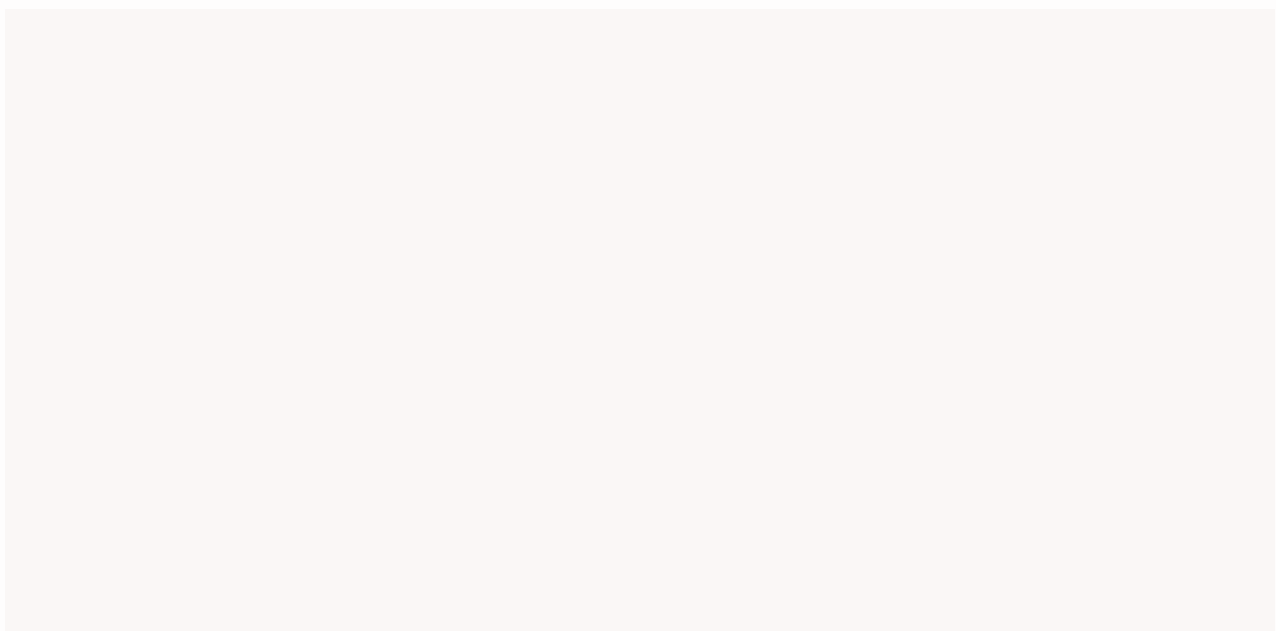
I'm staying because it feels easier.

I am afraid of what happens if we try.

I feel committed, but I no longer feel connected.

I have already emotionally stepped back, even if I haven't said it.

If nothing changed for five years, how would I feel?



FROM AWARENESS TO ACTION

If these questions brought up discomfort, that
is not failure.
It is information.

**Avoidance keeps things stable.
Structure creates movement.**

Reconnection does not happen through
intention alone.

IT REQUIRES GUIDED CONVERSATION,
CLEAR FRAMEWORKS, AND
ACCOUNTABILITY.

This is where structured work begins.

Book a session with Sansun.

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