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.

Current platform capabilities

- Identity cartography by life areas with history and cumulative reading.
- Identity biography and emotional state to go deeper than the core pattern.
- Holistic diagnosis, contextual behavioral summary, and structured prompts for external AI.
- Apply as case workshop, historical inventory, and dedicated file card.
- Reusable libraries of actors, contexts, and environments to enrich real cases.
- Reports, PDFs, and shareable outputs with host branding.
- Link-based sharing and curated outputs for private or carefully public contexts.

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. External AI can expand language, reflection, or coaching; the core detection still relies on reproducible rules and now also translates into cross-cutting reports and applied case files.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE combines cartography, biography, emotional state, contextual behavioral summary, applied case files, shareable reports, and external AI support inside a deep and actionable experience.

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

System guide: https://self-trace.com/HowItWorks

Entry page: https://self-trace.com/