

Successful Couples Counseling Tips

01

Start Early:

Get couples therapy as early as possible before patterns get entrenched and irreparable damage is done.

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Communicate Differently:

Practice new communication skills daily.

02

Have Realistic Expectations:

Know that this takes consistent and ongoing work. It will not necessarily be a quick/easy process.

07

Stop Unfair Fighting:

Create and follow through on relationship agreements about how you'll deal with conflict more respectfully.

03

Be Willing:

All parties in a relationship need to be in full agreement to doing relationship counseling for it to work.

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Prioritize:

Prioritize your relationship by doing couples counseling and out-of-session work for 3-6 months to see what's possible.

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Self-Reflect:

Learn to improve your part in the relationship and take responsibility for your part.

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Acknowledge Progress:

As progress is made in the relationship it's crucial to appreciate progress, not perfection.

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Actively Participate:

Consistently take actions in/outside therapy to build a better relationship.

10

Do Individual Work:

Learning and growing as an individual positively affects your relationship.

