

## **What Are The Benefits Of Marriage Counseling?**

- Provides a safe, methodology for both partners to work out their differences, voice their unhappiness, and express how they are feeling.
- Learn to argue fairly, in a less combative manner without name calling/hitting below the belt.
- Learn to communicate your needs, avoid arguments, and avoid blaming each other.
- Learn to negotiate solutions, develop “win-win” situations and reach a compromise both partners can accept.
- Learn to work through unresolved issues, and know when to bring up the past and when not to.
- Learn how to resolve conflicts in a manner that is healthier for the relationship.
- Learn more deeply who you are.
- Give you a deeper understanding of your spouse.

## **Marriage Counseling works best when:**

- People are willing to listen.
- People are able and willing to admit when they are wrong.
- People are more interested in improving the relationship than in being right.
- Couples are still in love, or have a strong desire to be.
- Couples can accept change, and are open and willing to change.
- A person welcomes advice and is open to therapy and change.
- People mean what they say, and are open and honest.