

# 7 Reasons to Seek Marriage Counseling



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## **INTRODUCTION**

Hi, I'm Deborah DeLay, the CEO of the DeLay Counseling Group. So excited that you have downloaded this PDF which shares the 7 Reasons to Seek Marriage Counselling.

### **1. Invest in premarital or marriage counseling to build and strengthen the relationship**

Because healthy marriages are the backbone to a strong community! You can reduce your risk of divorce by 30%. Married couples who take part in enrichment activities are more likely to have a satisfying relationship. Life has many obstacles and rough spots which impact each partner differently while impacting the relationship. Marriage/Relationship counseling can help couples build, renew, or restore their relationship.

### **2. Communication issues**

Many couples get trapped in hurtful patterns of conflict and misunderstanding. Others may withhold communicating for fear of creating conflict or being criticized. Therapy can teach you how to create a more positive pattern of communication. You can learn how to resolve conflict constructively and form new talking and listening habits. Effective communication can transform your relationship and strengthen your bond.

### **3. Managing other relationships**

Couples have relationships outside of their marriage. Friends, extended family, coworkers, supervisors, bosses, and professors to name a few. These outside relationships may or may not be healthy. A therapist can discuss boundaries with members of the opposite sex, communication with exes, and the importance of together time.

### **4. If you are facing major transitions**

Is one of you starting a new job? Are you going back to school? Looking at a major relocation? Are you expecting your first child or your fourth child? Are you the main caregiver for a disabled parent? Has there been a death in the family? Life changes in both good ways and not so good ways. When these changes happen, stress increases and emotions vary. A therapist can help you navigate these emotions and help you find your new normal.

**5. You're spinning your wheels**

Are you dealing with the same problems over and over again, but not getting anywhere? Dealing with the same issues without resolution can be frustrating and cause tension in the household. A counselor can help you learn new ways of communicating, framing the issues and recognize what is most essential in your marriage. You need to address these issues, so your marriage can be what it used to be.

**6. You feel like you can't do or say anything right anymore without your partner getting angry, hurt or defensive**

Perhaps you or your spouse is constantly complaining that you are often misunderstood or not being heard. This can be frustrating and discouraging for both parties. Marriage counseling can focus in on the root of the problem to help get the relationship back in sync again.

**7. If your spouse suggests it**

Marriage/Relationships are beautiful and complex; it is fluid and changes with time. Relationships thrive when there is understanding. If your spouse says it's time to make a trip to a therapist, then it is time to go. They want the marriage to work and to thrive. A therapist can provide insights to build stronger relationships. You can't expect things to magically workout, you are both human, you both have feelings and insecurities. A therapist may even give you some new ideas that help you take a good relationship and make it a great relationship.

"You know you could use marriage counseling if (1) you are married and (2) you are breathing!"

It is never too soon or too late to enhance your communication skills and increase your chances of being heard and understood. You can learn to resolve conflict constructively and establish new talking and listening habits to make your relationship fun, sexy, and loving again.

Hope this was insightful and would love to connect with you, you can schedule a free consultation at this address.

<http://dontdelaycounseling.com>