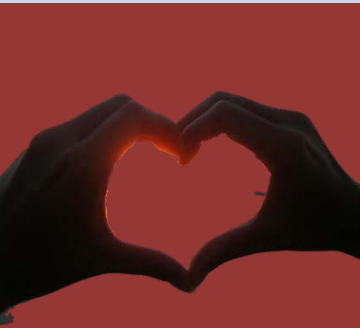


# MARRIAGE & RELATIONSHIP COUNSELING



**If you feel isolated from or at odds with your spouse, maybe it's time to start thinking about seeking help.**

Research suggests that some – maybe even many – individuals at the crossroads of divorce may be able to repair their marriages and avoid potential negative consequences.

When you think back on your relationship, both before you got married and after, can you think of good, positive times? When couples are going through hard times, it is common to focus on the bad and not remember the good times and the good features of the relationship.

## **Danger Signs in Couples:**

- **Withdrawal**
- **Escalation**
- **Criticism**
- **Loneliness**
- **Belittling**
- **Holding back feelings**
- **Uneven perceptions**

**40% - 60% of divorced individuals wish they and/or their ex-spouse had tried harder to work through their differences.**

## **Change the Pattern**

### **Relationship Assumptions:**

- Successful relationships are basic to successful living
- Keeping relationships healthy deserves a high priority
- Your marriage or significant other is your most important relationship
- You can learn to understand how to make your relationship work

### **To make marriages better, couples must:**

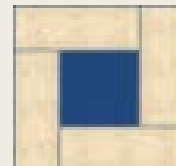
- Feel confident about their relationship
- Understand the benefits of success
- Increase relationship skills

Skills to develop a safe place, emotionally and physically, to talk about problems will help couples succeed.

**The truth is that a successful marriage is based on both partners having good skills: to manage inevitable conflicts; to express admiration and appreciation; to accept influence from the other person; and to nurture love and romance.**

**Family Therapists treat from a relationship perspective that incorporates family systems. They know a lot about relationship and individual dynamics. Call E.J. at 919.753.6238 for a consultation.**

## **Get help now.**



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[www.InventiveCounseling.com](http://www.InventiveCounseling.com)