

Does Your Relationship Need Some Help?

Top10 Reasons to Get Marriage Counseling by Dr. Stan Hyman

If you are reading this report then either you or someone you know is probably struggling in their relationship.

Most couples in long term love relationships, married or not, will at some point experience relationship problems. It is the nature of being together and emotionally involved that there will be disagreements and miscommunications.

Most of those rocky times or misunderstandings will work out. There may be some arguing, some short term bad feelings or even some emotional threats made, but the relationship rights itself and the couple improves and gets passed it.

However, there are often other scenarios which don't fit that description. These are the cases where a lack of empathy, emotional distance, dislike or even disgust develops and the couple is at a loss as to how to correct the problem.

If this continues the gap between the partners may become too wide to bridge.

In fact, many couples that finally decide to come in for relationship counseling or coaching may have already waited too long. They may find themselves discouraged because the road back seems too long and the damage done seems too great to overcome.

Being Proactive Helps! (Even if it is just one of you that starts first!)

I believe that any couple with a commitment to improve their relationship can be helped to achieve that goal. However, for a couple to optimize the chance of success it needs to be proactive.

Being proactive means that when things are going poorly and there is a persistent feeling that the relationship is off track partners take the initiative to get help. There is a much higher likelihood of a successful outcome when a couple acts sooner rather than later.

Sometimes only one of the partners sees the need to get help. The other partner may stubbornly resist not wanting to see the real trouble the relationship may be in.

If only one of you recognizes the urgency and cannot convince the other, than you should take the initiative and go in for a relationship consultation. This often has the effect of nudging the other just enough to recognize how serious you believe the issue really is and will often help to change his mind.

It takes work, attention to detail and creativity to make any enterprise successful. Why should your relationship be any different?

10 Reasons to get marriage counseling

In this report I outline several indicators as criteria to help you to decide whether your relationship is in need of professional help. They are not listed in any particular order but you may find some more important to you than others.

1- Little or No Communication: You may feel like the two of you just share space together, like roommates. There is a sense that you have lost a commonality of interests or that you can no longer talk meaningfully with each other. You may have tried but you feel as though the response was off putting and did not encourage you to continue trying.

2- Unable to Solve Problems Together: All couples have their differences. There may be issues with in-laws, money, your partner's friends, drugs or alcohol, sex, the way one of you behaves in company, children or even your respective jobs, etc. If you find yourselves being frustrated or angry over and over again with the same issue, couples counseling can help.

Sometimes the answer lies not with the behavior but with what is going on just below the surface. You and your partner can be helped to look at your differences from a fresher and broader perspective, giving you both the opportunity to finally resolve those differences.

3- Angry or Negative Communication: You and your partner are unable to feel comfortable having a conversation together. The tone or mood is dark and tense. The statements made are often provocative and you often argue with no resolution.

4- Indifference or Apathy: You don't really care anymore. If you have gotten to this stage then things have made you somewhat emotionally numb.

5- Lack of Affection: There is very little or no warmth or tenderness between you. In the past you may have held hands or cuddled but now you both (or one of you) keep your distance.

6- Lack of Good Sex: Almost all couples eventually have some sexual issue. It may be that sex has become too mechanical or infrequent. Sometimes having a conversation about it and discussing ways to spice things up is all that is necessary. However there are other times that something else may be going on that prevents the couple from improving their sex life.

He may have developed Erectile Dysfunction (ED) and become embarrassed or lost confidence. She may have become overwhelmed with family issues and not as interested in sex as before. Either partner (or both) may be under pressures that have taken their toll on their sexual energy.

This type of problem can often be understood and overcome in just a few professional meetings.

7- Parenting Issues: One of the problems with parenting is that there is no way to learn it except for on the job training! You and your partner find yourselves arguing about the children and disagree on the way to deal with them. Differing opinions about how to parent are common reasons for fighting between spouses. Having a third party to discuss these things with can often bring resolution and peace.

8- Constant Fighting with no resolution: All couples argue; that's a fact! However if you find yourself in an ongoing battle, one in which you and your partner are frequently yelling at each other, calling each other names, accusing each other of being the problem and generally unable to even be civil to each other, you should look for professional help immediately.

The antagonistic, unhappy and contemptuous environment that this style of relationship creates will very likely cause the couple (and the family, if there are children) to disintegrate.

9- Breach of Trust: If you have discovered that there has been an affair, or one is still ongoing, it is imperative that you seek professional help. This type of breach is often one that can have monumental collateral damage.

Affairs and affair recovery are very personal and each couple handles it in their own way. However, if the issue is not dealt with well or just brushed aside and left to chance, resentments and bad feelings are likely to form that can undermine a successful recovery.

10- Keeping Secrets: I think it reasonable for people to have the right to their private thoughts, without feeling as though they need to discuss everything with their partner. You are allowed to think whatever you want.

It is when a spouse behaves in ways that cause suspicion, uncertainty or anxiety to their partner that their motives are called into question. If you feel like your partner is keeping secrets or behaving in ways that keep you on the periphery of his life and you have been unable to penetrate that barrier, it is probably time for couples counseling.

Last but not least: Finally, if things are OK but you're feeling that they could be better and you don't know how to make it better, you would likely benefit from couples counseling.

In all of the examples listed above, I point out something that is obviously wrong. However, often there are more subtle, quiet issues that cause dissatisfaction. They may be individually driven or come as a result of a relationship that needs a little tweaking. You do not have to be in crisis to get professional help!

About Dr. Stan Hyman

Dr. Stan Hyman has been helping couples recover from affairs, rebuild trust and generally create better relationships for over 25 years. He is listed in the National Registry of Marriage Friendly Therapists and is deeply passionate about helping couples to stay together and thrive.

He is also a board certified clinical sexologist with a deep understanding of human sexual behavior.

Dr. Hyman's office is located at: 2999 NE 191 Street, suite 703, Aventura, Miami, Florida, 33180.

Dr. Hyman can be reached for a consultation by phone at 305-933-9779 or by email at drstan@drstanhyman.com . Sessions can also be conducted via Skype where he can be reached at drstanhyman.