



Couples Counselling | Part 2

It takes Commitment, Patience and Hard Work

More questions explored...

Relationship
• BOOTCAMP •

1. What Are Your Expectations of Counselling?

Ask your partner what he or she expects from marriage counselling. If your partner enters into counselling with the same hopes of saving the marriage that you do, then there is a good chance you can work things out.

Tip: Just reminding yourself again to be mindful of expectations. If you have had issues in your relationship for some time, chances are it will take a little time to see progress — or actually feel the progress.

2. What Are the Reasons You Want to Work Things Out?

Ask yourself what are the reasons are for making the marriage work. If the responses centre around love and commitment, then chances are you can work together to rebuild the relationship. If the response has to do with staying together for the children or the bills you share, money or history together, you may need to re-evaluate the relationship.

3. Are There Any Past Conflicts We Should Resolve?

It's hard to move forward if there are unresolved conflicts or issues. Not only will the past keep coming up in future arguments, it's hard to get close to someone if you are still angry about something they did or said in the past. Find out if there are any unresolved issues and let's begin to work on them.

Tip: Look at discussing or writing down three to start with. You can write your thoughts down and share if you feel you are ready. This can be a tricky stage in moving forward as it can evoke a lot of emotions talking about past hurtful events. Conflicts most likely will not disappear, but we can work on how we talk about them and change the dialogue between both of you.

4. Do you Feel You Can Communicate with Me?

One of the most important aspects of a relationship is communication. If you can not talk to one another comfortably, you will never be able to work through future problems. Find new ways to improve communication with one another without judging or getting angry.

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Tip: Take a long look at the way you communicate your needs and views. Write down some ways you could improve your communication. (How much reflection about yourself do you really have? For some this is hard, so one suggestion to improve reflection is to imagine there was a video camera recording you... What would the video recorder see?)

5. How Do You See the Future?

What does your future look like? Ask your partner about how he or she views the future. Are you included in vision, or is your partner more concerned with separate hopes and dreams?

Tip: Magic wand – if you had a magic wand to look into your future, what would you want or see? What would you need? What would you change?

6. Are You Willing to Change to Make Improvements?

Both of you have to be willing to work at the relationship in order to make it work. One of the most helpful marriage counselling questions to ask your partner is whether he or she is willing to put forth every effort to make things better, as long as you are prepared to do the same.

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