

How Premarital Counseling Can Help Couples



Attending premarital counseling can be advantageous to couples in multiple ways. It helps the couple:



Communicate better



Discuss and learn more about each other's expectations



Understand their partner's views on parenting



Plan finances



Develop conflict management skills



Have a common vision



Become each other's pillar of strength



Gain commitment and trust



Minimize chances of divorce

References:

1. The Effects of a Premarital Relationship Enrichment Program on Relationship Satisfaction; Education Resources Information Center
2. 5 Benefits of Premarital Counseling; Biola University
3. Is premarital counseling worth it?; College of Health and Human Sciences; Colorado State University