

CONVINCING YOUR SPOUSE TO VISIT A

MARRIAGE COUNSELOR



Pick the right time

Approach your spouse when they are relaxed and not distracted or stressed out.



Be transparent about your problems

Tell them about your struggles calmly and how counseling can help you and the relationship.



Don't point fingers

Keep the blame game out of the conversation and assure them that you want to get better together.



Discard the misconceptions

Explain to them that it is okay and nothing embarrassing to seek help for a better relationship.



Be patient and listen to them

If they start blaming you, don't get defensive. Listen to it while acknowledging their efforts.



Tell them about the counselor

If you have shortlisted a counselor, let them know how helpful they can be or try looking for a counselor together

