

Do We Need Relationship Counseling?

Developed by Counselor Barb
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If you answer “no” to one or more of the first five questions, then counseling may help you enhance your relationship. If you answer “no” to one or more of questions 6 through 10, or the BONUS question, then counseling may help repair and improve your relationship. The more questions you answer “no” to, the more serious the issues are in your relationship.

1. Do both of you have some form of outside support system, such as friends or family?
2. Do the two of you spend some time alone together on a regular basis, interacting with each other, or do you find yourselves in silence whenever you are alone?
3. Do you explore new activities or experiences with your spouse such as going to a new restaurant, seeing a new movie or going to visit a new town?
4. Do you take the time to let your partner know you appreciate and love them? Is this often enough for your partner?
5. Do you share information about yourself or feelings with your spouse that you don't share with anyone else? Do you make time to do this on a regular basis?
6. Do each of you feel like your spouse accepts and values you for who you truly are?

7. Do you speak and act respectfully and lovingly towards your partner? Does your partner agree?
8. Do you feel comfortable bringing your problems to each other? Do both spouses feel heard and understood?
9. Do you tend to solve problems as a team, rather than individually and arguing about them later?
10. Do you deal with issues as they arise, rather than trying to avoid them?

BONUS: Does your mate help you to be the best person you can be?

Note: This list was developed by CounselorBarb, after consulting similar lists by Lambos, W.A., & Emener, W.G. (In press). *Cognitive and Neuroscientific Aspects of Human Love: A Guide for Therapists and Researchers*. Hauppauge, NY: Nova Science, Publisher; and Horton, Lee (2008). *Crumbling Commitment: Managing a Marital Crisis*.

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