

When to Consider Couples Therapy

Despite increased conversations around the importance of mental health, there is still stigma associated with attending therapy, even couples therapy. Couples often wrongly assume that attending therapy is a sign their relationship is over or believe they should be able to resolve their own issues without the help of a professional. Unfortunately, these assumptions often cause couples to prolong seeking therapy services, which means the health of their relationship is pretty poor by the time they do decide to sit across from a therapist. So when should you consider couple's therapy? Below are four signs:

- *An increase in arguments/disagreements*
- *One or both partners are uncertain and/or concerned about the future of the relationship*
- *One or both partners' feel emotionally disconnected*
- *The couple is struggling to navigate a stressor (examples: the birth of a new child, recent or past infidelity, death of a loved one, change in roles, etc.)*

After reading the signs, I am sure you are probably wondering how often or long these things have to occur before you begin to consider couples therapy. Is it the first sign of any of those issues? After a week? Or a month? Think about the health of your marriage or dating relationship like your physical health. Outside of annual check-ups, you would make an appointment with your primary doctor when you notice ***symptoms are occurring consistently despite your best efforts at treating them***. For example, you have a cough you can't get rid of even though you've tried every cough aid in the store. ***You seek help when your efforts, skills, interventions and competency are not fixing the issue***. Like your physical health, when you've tried to do all the things to attend to and improve an aspect of your relationship, but notice no change or even a decline in relational functioning, it's time to seek couples therapy.

Schedule a Free Consultation for Couples Therapy