

# THE RELATIONSHIP *Rejuvenator*

How to enjoy a thriving and  
harmonious relationship



by Joanne Wilson

# INTRODUCTION

---



Good on you! You've come across a great, well researched and practical resource used in relationship therapy. Seeking additional tools and strategies to repair, build and maintain a thriving and harmonious marriage requires time and effort– so here it is!

Who has the time to trawl through thousands of pages to find some useful tips that work? With the daily pressures at work, chores, handheld screens and maybe children, it's a common scenario to ignore nurturing your relationship. We often take our partner for granted whereas it should be a priority for the foundation of a fulfilling and happy lifestyle.

This succinct book is designed to remind married couples – and even dating couples – about the significance of fostering a healthy relationship. It provides vital relationship support to help you build and keep a successful and healthy relationship through each and every day of your togetherness.

Before you read this interesting and handy reference, it is imperative that you begin with the intention to give 110%. This is particularly challenging if we feel it isn't or won't be reciprocated. It's a bonus if you're both approaching the relationship with a similar outlook and attitude. If not, consider yourself the one setting the example who will inevitably drive incredible change with no regrets, no matter the outcome.

The strategies discussed in this book are influenced by some inspiring academics including Dr Sue Johnson, a pioneer in Emotionally Focussed Therapy, The Gottman Institute, Dr Gary Chapman, Dr Caroline Leaf, the Prepare-Enrich team and Ms Jean Tulloch. Important Pearls of Wisdom have also touched this book from wise couples in my family - especially my parents - and couples in the local community; those wise people who've lasted the distance. Thank you for inspiring me with your genuine kindness to each other, tenacity and legacy.

Enjoy this Relationship Rejuvenator!

# 1

## 100 CONVERSATION STARTERS FOR COUPLES

---



An essential part of a thriving relationship is basic communication. You might still be chatting regularly til the wee hours of the morning, or you are stuck for anything meaningful to say to each other. Here is a handy list of conversation starters which you and your partner can both undergo. Have fun with them, especially if you've just met. Try and answer for your loved one if you've been together forever. How much do you really know about each other?

1. If you didn't have to worry about earning money, what would you most likely do for the rest of your life?
2. What is one of your greatest fears?
3. What do you consider your greatest strengths?
4. If you could meet one celebrity or significant person in history, who would it be?
5. If you could return to one place again, where would it be?
6. What is the most adventurous thing you have done?
7. Have friends ever been a factor for you in the break-up of a relationship?
8. Have you ever had a crush on someone you shouldn't have i.e. a teacher, a friend?
9. Do you look forward to our nights out, or do you prefer us at home?
10. How much time do you spend online every day?
11. What are your favourite social media sites?

.....  
**What is  
the most  
adventurous  
thing you  
have done?**  
.....

12. Do you post photos of yourself online? .....
13. What was the happiest moment of your life? **What was the happiest moment of your life?**
14. What was your most embarrassing moment? How did you respond?
15. Who has been the most influential person in your life?
16. Who was the first person who died in your life and how did you feel? .....
17. What was the biggest mistake you think you ever made and how did it change your life?
18. What is the last book you read?
19. Do you have a favourite character in The Bible?
20. What is your biggest regret in your life?
21. Did you have a pet growing up and which was your favourite?
22. Have you ever been able to overcome a bad habit? What was it?
23. If you could have dinner with any three historical figures, who would you choose?
24. What is the most impulsive thing you've ever done?
25. What is the largest purchase you ever made?
26. What is the most memorable gift you've ever received? .....
27. What was the nicest thing anyone ever said to you? **What is the nicest thing anyone ever said to you?**
28. If you could change anything about your childhood, would you? What would you change?
29. Who was your hero growing up?
30. What's the riskiest thing you've ever done? .....
31. Who was your favourite teacher? Why?
32. What is something funny you can do that not many know about?
33. What was the highlight of your day today?
34. Have you ever learnt to speak another language?
35. What's your favourite time of the year? Why?



36. Would you rather live year round in a desert or frozen tundra?
37. Are you a morning or night person?
38. Who is your favourite actor? Actress?
39. What's the best concert or show you have ever seen live?
40. Who is your favourite singer or band?
41. Who is your least favourite actor or actress?
42. What's your favourite colour?
43. What's your favourite season?
44. What's your favourite type of food?
45. What is your least favourite type of food?
46. What is the strangest thing you have ever eaten?
47. What are your hobbies? What do you do in your free time?
48. Do you have a dog, cat, or other beloved pet?
49. What's your favourite day of the week?
50. Do you think most celebrities have a better, more exciting life than you do?

.....  
**What is the  
strangest  
thing you  
have ever  
eaten?**  
.....

51. Do you regularly go to the movies, or do you prefer to rent or download movies and watch them at home?
52. Do you prefer to attend concerts of your favourite band or an orchestra?
53. Do you enjoy going to museums or art shows?
54. Do you like to dance? What type?
55. Do you enjoy activities that might make your partner uncomfortable?
56. Have leisure time issues ever been a factor in the break-up of a relationship?
57. Do you enjoy entertaining people in your home?
58. What is the one thing that you'd like to change about yourself?
59. If you could choose your last meal, what would you eat?
60. Where do you hope to be in ten years?
61. Would you prefer to live in the city or the country? Why?
62. Have I ever embarrassed you?
63. If I had bad breath or body odour or wear dirty clothes, will you tell me? Should I tell you? Why or why not? How should we do it?
64. What is one thing that I do that makes you crazy?
65. What did I do today that made you feel appreciated?
66. If we eliminated physical attraction from our relationship, what would be left?
67. When are you proud of me?
68. What do you like most about my body?
69. How should I bring concerns about our relationship to your attention from now on?
70. How do you know when I'm mad?
71. What is the best way for me to show that I love you?
72. Who are you most like in your family?
73. What family member (outside your nuclear family) were you closest to growing up?

.....  
**Where  
do you  
hope to be  
in ten  
years?**  
.....

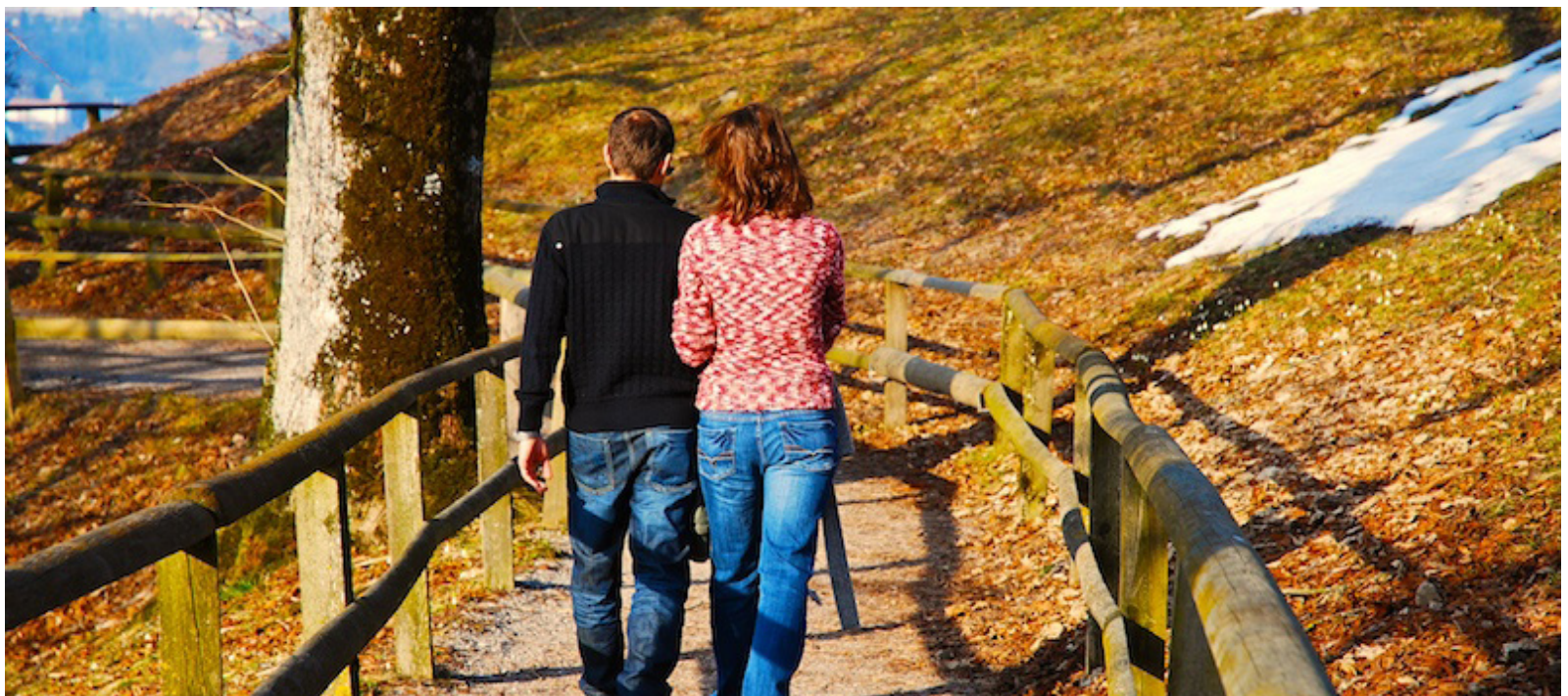
.....  
**What is the  
best way  
for me to  
show that  
I love you?**  
.....

74. What did your family teach you about relationships?
75. What did your family teach you about love?
76. What core values did your family espouse?
77. Do you wish you were closer or more distant with your family?
78. How do you distance yourself from family?
79. What was conflict like in your family when you were growing up?
80. What did your family teach you about health?
81. Would you like to be an advocate for a certain cause?
82. Upon reflection, what type of discipline do you believe in (time-out, standing in the corner, taking away privileges, etc.)?
83. Do you believe that children should be raised with some religious or spiritual foundation?
84. How did your parents settle conflicts when you were a child?
85. Do people in your family carry long-term grudges?
86. How much influence do your parents still have over your decisions?
87. How frequently do you wish you could communicate with your parents?  
Siblings?
88. What did you admire about the way your mother and father treated each other?

.....

**What did  
your family  
teach you  
about love?**

.....





89. When you were growing up, was it important that everybody be present for dinner?
90. What qualities make a good parent?
91. Do you wish anything were different about your relationship with your parents?
92. What does my family do that annoys you?
93. What were your parent's messages to you about education and university?
94. Have you ever been fired?
95. What is your dream job?
96. Do you consider your work a career or just a job?
97. How do you define success?
98. Do you wish you could work more or less hours?
99. If you could turn back the clock, what alternate profession would you choose?
100. What is one burning question you wish I would ask you?

.....  
**What  
qualities  
make a  
good  
parent?**  
.....





## CROSSED LINES? ENSURE YOUR MESSAGE IS RECEIVED EFFECTIVELY FOR POSITIVE CHANGE

---

### 'I VERSUS WE' COMMUNICATION PRACTISE WORKSHEET

The following practise worksheet is a fantastic helper to guide you to communicating effectively when you seek change. Unintentionally launching into the attack using language such as: "You always...", "You never..." usually doesn't end well. (Fellas may want to do a quick online search for "feeling words" for this one – but it'll be worth it! ☺)

#### PARTNER 1:

I would feel/I feel \_\_\_\_\_

when \_\_\_\_\_

So I would like it if \_\_\_\_\_

---

Is that okay?

#### PARTNER 2:

So what you said was \_\_\_\_\_

I would feel/I feel \_\_\_\_\_

when \_\_\_\_\_

So I would like it if \_\_\_\_\_

---

Is that okay?

#### PARTNER 1:

So what you said was \_\_\_\_\_

# 3

## SIMPLE WAYS TO SPOUSE IT UP!

---



You can “Spouse It Up” without leaving the house! When the initial oxytocin rush wears off and the daily grind overtakes, this is no excuse not to include simple things that can spice up your marriage. Tick off these little “To dos” to incorporate into your daily life to maintain an intimate and romantic relationship with your partner.

- **SAVE SOME OF YOUR BEST FOR HOME.** You both had a long and tiring day. In fact, it was one hell of a week for you two. You arrive home irritable and grumpy, and need someone to release your angst. To whom will you take it out? Commonly, to your partner! If you see a friend standing outside the door, you can manage to be polite, even if you’re irritable inside, so why not do the same to your partner? Remember that saving some of your outside nice for home is respectful and appreciated. You still deserve an attentive listening ear or the understanding that you sometimes just need time out on your own.
- **HOLD HANDS.** Why not hold hands while watching TV? Whilst walking the dog? A simple brush or interlocking of your hands is reassuring and a represents a simple reminder of love. It matters! A “no strings attached” display of affection is a simple way to get closer to your partner, irrespective of how small a gesture seems.
- **DATE AT HOME.** A romantic meal for two isn’t usually associated with home. But why not make it romantic? Creating a date at night atmosphere at home is not difficult to do. Plan a date at home once your children are asleep. Prepare a new recipe, light some candles, dress up, and enjoy the romantic scene.

- **SURPRISE YOUR PARTNER.** Do not wait for a special date or occasion to do something special or surprise your partner. Cook your wife's favourite dish or buy your husband a gift. Do it just because! Little gestures can go a long way to show how much you care.
- **BE A MASTER NOT A DISASTER.** The extensive relationship research from the Gottman Institute says that basic genuine kindness and respect could well predict the outcome of your relationship. Commit to being attuned and attentive when your partner makes a "bid" to connect with you in the smallest ways. This could be seeking your interest in their online article, a beautiful bird outside, or your Child's latest accomplishment. Regularly ignoring these "bids" slowly erodes your emotional connection.
- **SAYING I LOVE YOU IS NOT A HARD THING TO DO AS LONG AS YOU MEAN IT.** Regularly hearing you say, "I love you" is reassuring and lights up our brain! Really! It also keeps the emotional connection alive.
- **FIND OUT THEIR LOVE LANGUAGE.** You may well be trying to make your partner feel loved using tactics that only you like! Pause a moment to wonder what really makes your partner feel loved. There are some great resources to do this online or speak to your Counsellor on how to do find out.



# 4

## 45 FABULOUS DATE IDEAS ON THE SUNSHINE COAST, QUEENSLAND

---



So you've been dating at home and it's time to get outside? The following are our top 45 random ways you and your sweetheart can get out and have a good time on the Sunshine Coast. Click on those underlined for some handy links to send you on your way together! Don't live here? Maybe it's time for a holiday or just impress your partner with your adaptation of the pointers below:

1. **RELATIONSHIP MONUMENT TOUR.** Make a daytrip of all the monumental places in your neighborhood that mean something to both of you.
2. **ROLLER BLADING.** You're never too old to enjoy the freedom of [skating](#) - the wind whooshing past your nose enjoying one of the most exhilarating ways to spend time outdoors!
3. **GET CULTURED.** Find a random [local act performance](#) that you probably didn't even know was happening and snag the cheapest seats... or maybe drive to Brisbane for this one!
4. **BOWLING.** Any day will do! You'll probably find [this one](#) near you!
5. **GET ARTSY.** Take this opportunity to finally go to the latest exhibition everyone is talking about. There are more [galleries](#) on the Sunshine Coast than you thought!
6. **SALT CAVES.** Enjoy tranquil healing therapy at the [Mooloolaba Salt Caves](#) to relax and unwind whilst enjoying the benefits of restoration.



7. **GO ON A SHOPPING MISSION.** Whether you are a goodwill shopper or top end spender, use a rainy day to buy something fashionably different and then have a fashion show for your partner.

8. **MEMORY LANE.** Take out old pictures of when you were kids and share stories looking through them with your partner.



9. **SWIM LESSONS.** Do you and your partner know how to swim? Take an adult [swimming lesson](#) together.

10. **LAZY CAFE' AFTERNOON.** There's certainly plenty to choose from on the Sunshine Coast! Find a new one or head to your fav. Watch the people as you sip toasty warm beverages or frappes or fresh juice in summer! Bring a board game or a book and chill.

11. **MEDITATE.** Find one of the meditation centres (most have free classes) or those held at your local Church to spend some time in silence together.

12. **INDOOR PICNIC.** Place a mat on your verandah and enjoy a glass of wine as you both watch the rain pour.



13. **ROAD TRIP.** Enjoy a long drive along the Coast, Hinterland or head down south with your favorite music playing in the background. Make it a sing along, or use the conversation starters for an interesting chat!

14. **LEARN TO DRAW.** Take a class together. Maybe try being a figure model for one another.

15. **WALK IN THE PARK.** Try any of the Sunshine Coast's amazing parks – no excuse, here's [your guide](#).

16. **PLAY PHOTOGRAPHER.** Take a photography class together – just get out and have a “best selfie” competition.



17. **ONE-DAY BOOK CLUB.** Pick a book to snuggle up and read together, then talk about it. OK, maybe a short story if you're not a fast reader.

18. **MOVIE DATES.** Use the [Oscars List](#) to get started if you have trouble with inspiration for a home popcorn couch event, or head out to your local cinema.
19. **BOARD GAMES.** Make it a board game day, or try it with a twist.
20. **COOK AN AMAZING MEAL TOGETHER.** Have you seen Julie and Julia? You don't have to finish every recipe in the book, but now is a great time to try something new in the kitchen. Maybe you could even try a cooking class together?
21. **WRITE A LOVE LETTER TO YOUR SWEETHEART.** Better yet, write two: one to open tonight and one to open a year from now.
22. **LEARN SOMETHING NEW TOGETHER.** Sign up for a [cooking class](#), learn a new [language together](#) or take dance lessons. Use a calendar to plot out free and cheap events throughout the year so you can keep on exploring together.
23. **POP IT.** Blow up a balloon for each year you've been together and put a piece of paper in each one with something nice about your sweetheart.
24. **GO OUT TO DESSERT INSTEAD OF DINNER.** This is a great way to have time while going easy on the budget.
25. **GO OUT TO BREAKFAST INSTEAD OF DINNER.** It is much lighter on the wallet and is a great way to start off your day. Or make breakfast in bed.
26. **GO STARGAZING WITH A BLANKET.** Get takeaway food from your favorite restaurant or pack a picnic. Find the planets and constellations with the Google sky app.
27. **SERVE.** Spend your special day donating time together to a charity or cause you both respect. If you don't know where to go, [check here](#) for opportunities near you.
28. **MAKE A TIME CAPSULE.** Put in memorabilia and notes to your future selves. Set intentions and dreams for your future and set it somewhere where it won't be disturbed for the next year (or in five years).



29. **DINNER AT HOME.** Cook each other's favorite meals together. Don't forget to dress up, light candles, pour beverages, play music and of course, dessert!
30. **WINE CAPSULE.** Find a happy hour wine tasting and buy a bottle of wine. Spend the time writing intentions for the coming year and seal them away with the bottle of wine to open on your next anniversary.

31. **SING IT.** Hire a karaoke setup, and sing your sweetheart's favorite songs.

32. **MODERN MIXED TAPE.** Create a playlist on Spotify of all the songs that remind you of your time together and have a dance party at home.



33. **PROGRESSIVE DINNER OUT.** Have appetisers at one restaurant, dinner at another and dessert at another.

34. **RECREATE YOUR FAVORITE DATES.** Spare no detail, remember what you wore, where you were and now you ended your night. You each get to pick one, see how your memories can mesh together.

35. **MAP IT OUT.** Record your shared travels on a map with pins or markers. Add a colour for your future travel plans and dreams.

36. **BAKE AN ANNIVERSARY CAKE TOGETHER.** Test out a new recipe each year.

37. **MAKE A MOVIE.** Record a video using your webcam or mobile phone telling your partner what you appreciate about them. Add to it each year.



38. **CREATE AN ONLINE COLLAGE.** Take pictures of one another and make some fun collages for free at a site like Picmonkey. This can work well when you are far apart on your anniversary.

39. **PAINT OR DRAW PICTURES OF ONE ANOTHER.** Hey, you might not be an artist, but let me tell you, it will be a time of laughter and fun – that's for sure!

40. **DRESS YOU UP.** Go to a second-hand shop and pick out an outfit for each other. Don't be shy, be adventurous and try whatever your partner brings you.



41. **HAVE A ROMANTIC STAYCATION.** Be homebodies at home, but with an extra touch of romance. No hassle making reservations or travel arrangements, maybe just an offsite babysitter?
42. **STAND UP AND PADDLE BOARD YOUR WAY TO LUNCH.** Make yourselves ravenous by exerting energy in [this fun way](#) together ending up at your favourite waterfront café or restaurant.
43. **HINTERLAND ESCAPE.** Escape to one of the Sunshine Coast's most beautiful landmarks. Take your pick from the dozens of romantic hideways in Montville or Maleny.
44. **NUMBER IT.** If this is your tenth anniversary, give a ten minute massage (or ten minute massages). Be thoughtful and fun. Make a game out of it and see who can come up with the most creative number-themed gift.
45. **START YOUR BUCKET LIST.** Spend the evening creating a shared bucket list of dreams you share. Keep your list handy so you can cross things off (and add to it) for years to come.





# 5

## WHERE ARE YOU GOING? WHERE'S YOUR RELATIONSHIP GOING?

---



Wouldn't it be great if you and your partner could easily say, "We're on the same page". What does that term mean to you? Whilst the most beautiful partnerships provide support during tough times, neither individual is expected to continually "prop up" their spouse to fulfill the others' dreams. Now is a good time to evaluate what you're seeking, to articulate these goals with clarity and to join forces with your partner. Complete these questions below to find out more about each other.

1. What sort of person do you aspire to be?
2. How would you like to be remembered? What would you like to be remembered for?
3. If I were being the person that I want to be, what would I be doing? How would I sound? What would I be thinking?
4. Think of some of the most valued people you have had contact with. Identify their positive behaviour. Do you possess these in your repertoire?

5. How do you express your creativity?
  
6. What do you know now that you didn't know when you began your adult journey? How can you unleash that knowledge for maximum benefit now and in the future?
  
7. Have you had any moments of spiritual awareness that have revealed your true talents? Are you able to use them frequently in your work that ensure a life of zest doing what you do best?

.....

## COUPLE GOAL SETTING

You can now each complete this simple pro forma and compare notes:

	PARTNER 1:	.....	PARTNER 2:
<b>PERSONAL GOALS</b>	1.  2.  3.		1.  2.  3.
<b>COUPLE GOALS</b>	1.  2.  3.		1.  2.  3.
<b>FAMILY GOALS</b>	1.  2.  3.		1.  2.  3.



1. Do any of your partner's goals surprise you?
2. Which goals are most important to you right now?
3. What are the current issues surrounding these goals?
4. How do your partners' goals complement or compete with yours?
5. How can you each contribute to achieving them?
6. What is the first small step to making these goals a reality?

# 6

## HOW TO DETERMINE IF YOU NEED MARRIAGE COUNSELING

---



Relationship therapy has the power to transform lives! Marriage counselling provides support to couples seeking to improve their understanding and intimacy. The focus is less about the individuals and more about the “dance” of the relationship. Each person is still required to concentrate on self-awareness and self-improvement.

Couples seek marriage counselling for several reasons, from communication problems to infidelity and sexual dissatisfaction. Some just want to take their relationship to a greater emotional, attentive and intimate level. For the couples most devitalised, the more time passes, the more difficult it can be to repair a relationship from “never again” moments where we suffer “relationship injuries” and despair. Below are the signs to determine if you need relationship therapy or marriage counselling as soon as possible:

1. **YOU ARE TALKING BUT IT IS ALWAYS NEGATIVE.** Negative conversations can involve anything that leaves the other feeling ashamed, judged, insecure, disregarded or wanting to withdraw from the conversation.
2. **YOU ARE FRIGHTENED TO TALK.** You probably need marriage counselling when you are afraid to even bring up an issue. This can include anything like issues on money, sex or even irritating habits. A relationship therapist can facilitate unveiling the emotions behind the behaviours that inhibit you being able to share freely.
3. **WHEN YOU ARE LIVING SEPARATE LIVES.** I so often hear, “It feels we’re more like roommates.” The relationship is not necessarily in trouble because they do not do everything together, but because with this act, there is a lack of intimacy and communication.

4. **WHEN YOU KEEP ARGUING OVER SIMPLE THINGS.** We all have triggers or raw spots. Triggers are things which make you angry mad. This can involve issues about who does the laundry and the most miniscule events that can send you into a sudden spin! Ever been completely shocked that the smallest comment has sent your partner to the moon and back in rage? You probably don't understand why and it's worth exploring these to ensure the vicious cycle ends.
5. **YOU ADMIRE OTHER COUPLES WHO ARE BEAUTIFULLY CONNECTED.** We've all admired couples who can communicate with their eyes, compliment each other when others are around and just basically complement their spouse! Yes, you can have what "they" have!
6. **WHEN YOU HAVE DISCOVERED INFIDELITY.** Repairing the relationship after an affair can still be an option! If both partners are open to investigating healing and reconnecting, have hope that it can happen.

There are many other behaviours that can undermine a relationship. A good marriage counsellor can assist you unveil the emotions behind these "raw spots" and ultimately rejuvenate your relationship.





## HOW TO FIND THE BEST MARRIAGE COUNSELLOR

---

If your relationship lacks lustre or is on the verge of falling apart, be courageous and do what it takes to have no regrets!

Finding a marriage counsellor in Australia isn't difficult these days. Australians have access like never before to therapists either face to face, or via Skype, Face Time, over the telephone, from websites and even apps that facilitate great personalised communication.

Check they are affiliated with a recognized counselling association such as the Psychotherapy and Counselling Federation of Australia or the Australian Psychological Society.

What is imperative – a trusted therapeutic relationship with your counsellor so that in time, you're both prepared to take risks and reveal your challenges. You may want to consider these ideas on how to find a perfect marriage counsellor:

### WORD OF MOUTH

Yes, you can get the best marriage counsellor from word of mouth. Surely, one of your mates has known someone who can guide you through the process. After your first meeting, you still get to determine if you can progress successfully with this person or not. Remember, you have to trust your counsellor so if you have any reservations after your first meeting, you should seek another one. Whilst I'm frequently referred by clients' friends, each couple has different needs to feel connected and comfortable.

### ADVERTISING

See an ad that features a certified relationship specialist? Send them an email or call them to gauge their credentials, warmth and responsiveness!

### ONLINE WEBSITES

There are a few online websites and apps that offer marriage counselling. You might want to research their credibility. A reliable website will provide you with the name of the person that you will be dealing with, the main office location, the contact numbers and of course, the official website. From my personal experience, face to face provides the greatest holistic connection for both client and therapist. Where distance, travel and circumstance prevents this, why wouldn't you explore an online option?

# 8

## WHAT ARE THE BENEFITS OF MARRIAGE COUNSELLING?



Clients report that the initial step to seeking professional advice can be rather confronting and scary! I'm noticing more and more couples seeking support because their marriage is simply substandard and not necessarily on the rocks. In comparison to our American friends, fewer Australians seek therapy to better their lives. If you're on the fence about marriage therapy, it's time to make up your mind and consider seeking help to achieve the life of your dreams. Here are six reasons marriage therapy is quite cool:

- 1. IT'S THE PREFERRED CHOICE OF THE PRIVILEGED.** Step back for a moment and envision a person in therapy. If you've bought into the stigma of mental illness, you probably picture a wild or dotty type person! But for Americans, therapy is synonymous with celebrity and money. The most privileged people routinely seek out therapy because they know that therapy helps propel them to the life they want. If you admire those you consider successful and famous, you'd be well-served to follow their lead and seek out a therapist!
- 2. IT CAN HELP YOU ACHIEVE YOUR DREAMS.** Everyone feels stuck from time to time. There's no magic solution for a couple to achieve their dreams. No one else can meet your goals for you! However, a counsellor can help sort out what's holding you back from achieving a thriving and harmonious relationship and empower you to clear those blockages to begin living a romantic and connected life.
- 3. PEOPLE IN THERAPY ARE HEALTHIER.** Awful symptoms of a poor relationship include anxiety, stress, and sadness – all connected with poor health – and dying younger! A therapist can help you get control of your emotions so you can live a happier life together. Even better, by talking through things with a therapist, you'll develop coping skills that can help you deal with your

disconnection; Encouraging new patterns of neural circuitry, pathways and networks will allow you to relate in new healthier, more resilient ways.

4. **PSYCHOTHERAPY CLIENTS ARE NORMAL.** Whilst it's true that people with serious mental health disorders need therapy, it's equally true that the majority of people who go to marriage counselling do not have a mental illness. Just as you go to the doctor or dentist for your annual check-up, a regular fortnightly or monthly session with a therapist can serve as a check-in for an outstanding relationship.
5. **BREAK FAMILY CYCLES.** Like it or not, our childhood environment shapes so much of who we are. An exciting aspect of psychotherapy is that it helps choose those parts of your culture you wish to flourish in and those you wish to discontinue. Furthermore, you can learn to provide healthy mirroring and make conscious choices about the best care possible for your children.

#### OTHER BENEFITS:

- Counselling can simply help you rekindle the attraction that you once had!
- You can realise your needs and wants from the relationship, yourself and each other.
- You can feel safe about being vocal with your feelings and you may even tackle past emotions from a long time ago.
- Relationship counselling can help you plan the things that you want to do individually and together for a fulfilling lifestyle.
- Achieve a great new perspective where your differences are acknowledged, embraced and you've developed positive strategies on how to handle conflicts healthily along the way.







No relationship is perfect, but every relationship has room for improvement. You and your partner – not your parents, your bank account or your job – control the direction of your relationship.

Counselling helps heal insecure attachment styles thereby fostering healthy relationships. A therapist can help you each sort through your role to arrive at a happier, more loving relationship – not to mention a better sex life.

They say the most important things in life are those you can't see! Everything that is worth keeping requires a bunch of genuine effort and commitment. Material possessions are replaceable but people are not!

A harsh word and emotional pain highlights areas in the brain similarly to physical pain. Before you even think of letting go because it's all too unbearable, consider the peace in knowing you've tried every possible way to overcome the struggles and challenges in your married life first. If you have children, all the more reason to leave a legacy of persistence, genuine kindness and love!

*"Fearless is getting back up and fighting  
for what you want over and over again....  
even though every time you've tried before you've lost."  
Taylor Swift*

**IT IS NEVER TOO LATE TO BEGIN.**

## WANT MORE INFORMATION?

If you have a question, wish to schedule an appointment,  
or simply want to access further resources,  
please visit [www.theconfidantecounselling.com](http://www.theconfidantecounselling.com),  
email [jo@theconfidantecounselling.com](mailto:jo@theconfidantecounselling.com) or call 0409 909 933.

**DON'T JOURNEY ALONE.**

