

2.3: Thinking About Marriage Counseling.

People have different thoughts and feelings about seeking marriage counseling, some positive, some negative, and some just unsure. Interestingly, most couples do not get counseling before they divorce. This exercise is designed to help you sort out your own thoughts and feelings about getting some formal marriage counseling to help you with the challenges you are experiencing in your marriage.

A. Have you had some marriage counseling before? ___ No ___ Yes. If yes, how was that experience for you? Was it helpful? Was it enjoyable? Why or why not?

B. How comfortable do you think you would feel getting marriage counseling? Write down some of your thoughts and feelings about the following questions. Also, think about how your spouse might answer these questions.

- Are you willing to take an honest look at yourself and your part in how your relationship is struggling and how it could be improved?

Your feelings:

Your spouse's feelings:

- Are you willing to allow a marriage counselor help you learn to communicate more effectively with your spouse?

Your feelings:

Your spouse's feelings:

- How willing are you to share deep, personal thoughts and feelings in a counseling session?

Your feelings:

Your spouse's feelings:

- How willing are you to do “homework” assignments to work on your relationship, if your marriage counselor asks you to?

Your feelings:

Your spouse’s feelings:

- Overall, how comfortable do you think you would be with marriage counseling?

Your feelings:

Your spouse’s feelings:

C. Does your religious organization offer marriage counseling? No Yes.

If yes, do you think you would feel more or less comfortable with counseling from a religious leader?

More comfortable Less comfortable. Why?

D. In this chapter we suggested various ways that you could find a good marriage counselor. Review these suggestions. Then, if you were to decide to get some counseling, write down how you would go about finding a good marriage counselor.

E. If you decide to get marriage counseling, how would you pay for it? Although some religious organizations offer free counseling, secular counselors charge a fee. Does your insurance company pay for marriage counseling? Yes No Unsure. If your insurance company will pay for marriage counseling, how many sessions will they help pay for? ____ sessions. (You may need to consult with your insurance company or employer's human resources department to find this out.) If you would need to pay for marriage counseling yourself, how much would you be willing to pay? (In Chapters 7 and 8 you will read more about how expensive a divorce can be; effective counseling is less costly.) \$ _____.

F. So overall, how willing do you think you and your spouse would be to get some marriage counseling? (Circle your answer.)

	Not at all Willing	Maybe a little Willing	Somewhat Willing	Very Willing
You	√	√	√	√
Your Spouse	√	√	√	√