



Will Couples Counseling Save your Marriage?

What am I looking for as your therapist?

Basic intelligence. Can you, and are you, willing to learn new things? Are you capable of abstract thinking and ideas?

Humility. Can you release the need to be right, own your marital crimes and misdemeanors, accept responsibility for areas in which you have fallen short, and avoid blaming? Can and will you accept insights and advice from someone experienced and knowledgeable about mental health, relationships, and crisis recovery?

Flexibility. Can you go with the flow of what life presents you? Can and will you bend?

Integrity and honesty. Are you a person who values commitment, keeping your word, telling the truth, and being transparent?

Empathetic. Are you able to put yourself in others' shoes and see and feel what they may be feeling? Can you understand what effect your actions (and lack of action) have on others and accept responsibility for it?

Mentally balanced. If you suffer from common mental disorders such as depression, anxiety, attention-deficit, adjustment, personality disorders, or addictions, you are actively treating and managing them.

Person of action and follow-through. You say what you mean and do what you say. You follow through with your personal goals and are *all in*. You are willing and able to dedicate yourself to your partnership.

Calmly and securely attached to those you care about. Your attachment style is peaceful as opposed to needy and grasping, you are emotionally available when needed, and you give space when asked.

Mature. You understand and practice the concept of delayed gratification and being

thoughtful and mindful about what you say and do. You do not have the need to control outcomes or others.

Commitment-oriented. You value sticking with people and situations in a solid, thoughtful way.