

“Seek help before it’s too late!”

Lately I have been seeing too many couples that are coming for counseling only after their issues have become critical. Some even believed that coming for counseling would mean the end of their relationship. The fact is, the sooner you seek help, the more quickly your problems can be resolved. Often, one or both partners are reluctant to go to a psychotherapist or a counselor because they assume that seeking help from “one of these people” means there is something wrong with them.

If you are one of these people it might help you to know that recently there has been a growing trend for executives to seek out a counselor to help them be more effective in managing their relationships at work. These professional counselors are commonly called executive coaches. In fact, many executives see it as a status symbol to have a personal and confidential coach. Just like Olympic and professional athletes know the value of a personal trainer to improving performance, couples can benefit from a coach as well.

Just like a coach, most psychotherapists and counselors work with couples to help them improve their relationships and make them stronger. Unfortunately, I find that too often couples will only seek help when their problems have reached such a critical level that many say they are ready to split up. I have frequently wished they would come sooner, before things got desperate and they were experiencing an unhealthy relationship. I know that if they had started working on their relationship sooner, they would not have experienced such a high level of pain and struggle.

I also know that many of these same individuals were proud to express their devotion to exercise and good nutrition. Some of them had personal coaches to design and guide them through an exercise program. They had learned that physical problems could often be prevented if they kept their bodies in better shape. Yet, sadly, their intimate relationships were starving for attention and nurturing.

I therefore strongly suggest you take a preventative approach with your intimate relationship. Just as many people have learned to prevent problems with their physical well-being, you can apply the same principles to the health of your primary relationship. Do not wait until there is a major problem before you do something about it.

Seek out a person you both trust and are comfortable with. It is also important that he or she is trained in couples counseling, and will make every attempt to remain neutral during the sessions.