

## Communication

Not having the freedom, for whatever reason, to communicate will negatively impact a marriage or relationship. Stuffing or holding onto negative feelings can negatively impact a relationship or marriage if left untreated

Counseling can and does help many couples improve their relationship and marriage. Many times couples believe that they just need to learn how to communicate better. Of course better communication can help improve the relationships, but it is not always the only answer. Helping couples understand what is behind the anger or hurt feelings and communicating that can be more effective than just learning to communicate feeling.

There are times when one or both individuals in a marriage or relationship find it difficult to share their thoughts or feelings. Many times they don't share because they don't feel safe or they don't think their feelings matter. Understanding why someone is unwilling to be open with their feelings, wants and desires needs to be explored. Their unwillingness to share can be a result of difficulties in their current relationship or experiences from their past. .

If you would like help with learning how to communicate what matters I can help.

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