

# All The Secrets Behind Pre Marriage Counseling

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Almost all therapists are strongly recommending pre marital counseling. Getting married without pre marriage counseling can be risky; the couple's goal is to be really happy in the long run. Professional, skill based pre marriage counseling reduce the risk of divorce and lead to a happy marriage; it can also reduce the stress of the pre wedding period and ensure the partners that their dreams of a happy marriage can be realized.

Pre marriage counseling is preparing the partners to strengthen their relationship, to improve their communication skills and prepare constructively for future challenges and problems that everyone face in a life time. Pre marriage counseling is bringing fresh positive energy in a relationship; the months before the wedding are the best time to get the optimum benefit from marriage preparation. After the wedding, under the inevitable stress, negative habits may become established and become much harder to avoid.

After the wedding, couples must face more requirements and have less support than ever. The partners must manage two careers, rear children and these activities must be based on very strong, well-established communication skills. The partners must know how to collaborate to maintain mutuality and set goals. Many individuals are feeling overwhelmed by time pressures and stress. Problems are intruding more easily than people realize; those who grew up with unhappily married or divorced parents must find that they have unrealistically expectations and may become unhappy. Pre marriage counseling may avoid these situations.

Pre marriage counseling is an immunization function that boosts the partners' capacities to handle potential difficulties. Couples who do receive marital counseling get it from their religious adviser; there are communication skills programs, assessment inventory too to educate engaged couples in the habits, and skills that lead to happy enduring marriages. Pre marriage counseling is education, not therapy; it can be considered as career counseling. Pre marriage counseling is teaching how to resolve the common problems that every couple must face in a life time. People consider pre marriage counseling a common place, as test preparation or driver's training.

Pre marriage counseling give people the benefit of a supportive environment, the skills to deal with the problems a marriage can have during a life time. The couples will acquire real expectations, real knowledge of partner and self to face the challenges of a happy relationship. Professional therapists are presenting a list of skills and knowledge areas, essential to endurance of marriage. Communication skills, compatibility, long term goals, conflict resolution, expectations, intimacy and sexuality and personalities must be covered by successful pre marriage counseling.

When a couple decides to attend a pre marriage class, the small groups must be the first choice, because they can be engaging and personalized, involving and stimulating. Conflict resolution, goal setting skills and communication are presented to give the couple the best way to resolve the marriage issues. Pre marriage counseling is also offered on line. There are some important web sites presenting professional pre-marriage counseling programs, wedding information too.

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