



# 08 TIPS TO COUPLES THERAPY

THESE COUPLES THERAPY TIPS WILL HELP YOU TO BOND WITH YOUR PARTNER AGAIN AND SOLVE YOUR RELATIONSHIP ISSUES

## TIP : 1

**Don't Freak out as your partner changes**

It's normal to feel like things are changing, but you need to grasp onto the change and learn to love them.

## TIP : 2

**Use "I" Statements Instead of "you"**

Your reaction to something your partner does is based on what YOU think they meant, not what they really meant.

## TIP : 3

**Be The Change That You Want to See**

If you want less fighting, criticizing, blaming, you have to do what you're expecting from your partner.

## TIP : 4

**Relationships aren't always 50/50.**

Sometimes your partner needs you 100% and can't give you a lot back, but remember, it's only temporary.

## TIP : 5

**Don't play into passive-aggressiveness.**

You should communicate with your partner about what you needs, don't expect your partner will understand your unspoken words or how you feel.

## TIP : 6

**It's not you versus your partner**

Do not forget that It's not you versus your partner, it's you and your partner versus the problem.

## TIP : 7

**Every argument is an opportunity**

View your disagreements as learning moments instead of battles. because you will learn something new about your partner.

## TIP : 8

**Avoid the words 'always' and 'never'**

When you're in an argument, try to avoid saying things like, 'You always do this, or you never do that.

