

## **Relationship Difficulties?**

As Donald Rumsfeld once said 'there are the known unknowns and the unknown unknowns'. Sometimes, seeking counselling for relationship issues feels like that. Whether you go as an individual, or as a couple, there can be as much fear regarding what counselling will 'uncover' as what the benefits may be. Feel reassured then, that it is categorically not the role of a client-led counsellor to quiz or lay bare any facts other than those that you, or both parties, wish to explore, and additionally this is at a pace to suit you. Additionally, counselling can focus on what does work in a relationship, what's good, and what's worth holding onto.

Sometimes events, such as the birth of a child, can challenge and provoke changes in a relationship. Roles change, work can feel different, and the pressure mounts up. By ignoring those changes, it does not make them go away, in fact it can cause more pain trying to evade painful situations which may in fact be resolvable. By discussing them with a professional counsellor, in a safe neutral environment, you are then able to recognise what may be happening in your relationship. This can lead to initiating new actions or behaviours to create the change you most desire in your domestic situation.

An initial session explores what is happening for you both, and can be used to clarify your aims and outcomes for future sessions.