

Strengthen Your Bond: The Benefits of Couples Therapy

Nearly 50% of couples have attended some form of counseling with their significant other. Here's why they go:



The Myth of the "Perfect" Relationship:

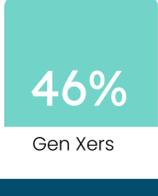


90% get married before turning 50.



40-50% of marriages end in divorce.

Who Goes to Couples Counseling?



46%
Gen Xers



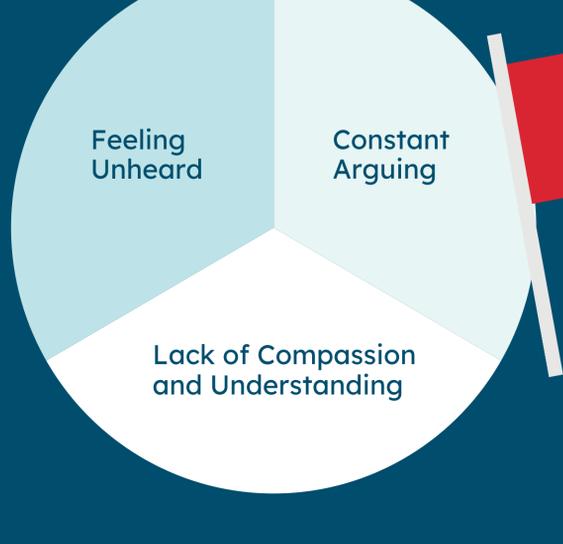
48%
Baby Boomers



51%
Millennials

Studies show 87% of Gen Z is interested in couples counseling in the future.

Warning Signs Your Relationship Needs a Check-Up



Feeling Unheard

Constant Arguing

Lack of Compassion and Understanding

Is Your Relationship Showing Red Flags?

There are many reasons to seek relationship counseling. Here's some of the most common:

- Communication Issues
- Infidelity
- Growing Apart
- Intimacy Issues
- Lost Attraction
- Conflict Resolution
- Personal Growth
- External Stress
- Trust Issues
- Parenting Challenges
- Financial Problems
- Addiction
- Life Transitions
- Loss of Connection or Closeness

In over 160 cultures, infidelity was the most common reason for breakups.

The Science of Love: Why Couples Counseling Works



70% of couples

in therapy experience a positive impact from counseling.

Nearly 90% of clients

observe a notable improvement in their emotional well-being after undergoing marriage counseling.

3 out of 4 couples

who undergo couples counseling see an improvement in their relationship, and 90% of participants see an improvement in their physical or mental health.

2 out of 3 couples

report an improvement in their general physical well-being as well.



98%

of partners find therapy a good to excellent experience.

How Couples Counseling Rewires Your Relationship

- ✓ Resolve Conflicts with Healthy Solutions
- ✓ Develop Strategies for Life Together
- ✓ Address Specific Issues (Health Concerns, Financial, Infidelity Issues)
- ✓ Learn Communication Skills
- ✓ Set Boundaries and Be Assertive Without Being Offensive
- ✓ Work Through Unresolved Lingering Issues
- ✓ Build Empathy and Understanding for Each Other
- ✓ Strengthen Your Bond and Improve Intimacy

6 Years



- The average time couples wait before seeking counseling.
- Going to therapy earlier leads to higher success.



Prevent Cracks from Becoming Trenches: Start with Couples Therapy

Couples don't have to wait to talk to a relationship counselor. At Sunstone Counseling, our counselors have years of experience in helping couples resolve issues and can provide multiple resources, as well as different types of therapy to address specific problems.



S·U·N·S·T·O·N·E

COUNSELING

Immediate Availability with Expert Counselors for Every Step of Your Mental Health Journey.

Get Started at SunstoneCounselors.com

It's Time to Invest in Therapy.

With in-person and virtual counseling, it's easier than ever to see a therapist.

Sources:

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