



*If you think your marriage is in trouble, do not wait. Seek help...*



## JUST FACTS

### Does Marriage Counselling Work?

#### The Effectiveness of Marriage Counselling from a Counsellor's perspective

"Marriage counselling cannot save a marriage -- only two people that really want to make it work (do the hard work that is necessary to overcome issues and deal with past pain)...can save a marriage (or relationship).

*I, for one, strongly believe that I would not be with my husband today (whom I really do now love to be around with) if it were not for the counselling we received. The counsellor did not save us, if anything, the year we spent in counselling, attempting to re-learn constructive communication habits, letting go of old pain and unnecessary expectations, and getting to the root of some of our own personal issues -- was the worst time in our relationship. Trying to fix (repair) things is very hard work! And there were many times when it just seemed like it was useless.*

*At the end of our year of counselling we actually broke up and were planning to go our separate ways. After a short period apart we started to reconnect and finally reached the point where all the lessons we had learned in counselling were starting to make sense and make our time together more enjoyable (like it was when we first started our relationship). It has only grown from there.*

*One of the many things I learned from counselling was that relationships are just plain hard, no matter what. It is really easy sometimes when you're in the middle of bad times to just feel like you're with the wrong person, not perhaps there are lessons you could learn to reconnect again."*

### What Type of Couple Gets the Most From Marriage Counselling?

#### Answer:

- Young couples.
- Non-sexist couples.
- Couples who are still in love.
- Couples who are open to counselling and change.

### What Type of Couple Receives the Least from Marriage Counselling?

#### Answer:

- Couples who wait too long before seeking help.
- Marriages with one or the other spouse set on getting a divorce.
- Married individuals who are closed to any suggestions that may save the marriage.

### Don't Wait!

#### Answer These Questions:

- Do you criticise one another?
- Is there a lot of defensiveness in your marriage?
- Do you tend to withdraw from one another?
- Do you feel dislike for one another?
- Did your parents divorce?
- Do you consistently misunderstand one another?

If you answered "yes" to most of these questions, then you are statistically at higher risk for divorce than couples who have realistic expectations of one another and their marriage, communicate well, use conflict resolution skills, and are compatible with one another.

If you think your marriage is in trouble, do not wait. Please do give us a call today for an appointment.

## EVENTS



CLM with the support of LPPKN (National Population and Family Development Board), is organising a 1-day seminar on "Emotion in Life & Relationships" and a 3-day intensive workshop on "Emotion-Focused Psychotherapy" (EFT), by Dr Leslie Greenberg, a world-renowned authority in the field of psychology. For more information on these 2 events, please visit our website at...

<http://clm.org.my/events/index.html>

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