



Total Life
Counseling
Center

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MARRIAGE COUNSELING

IS THERE HOPE FOR A LASTING MARRIAGE?

- Learn how to Resolve Conflict in a healthy manner.
- Learn communication skills including Listening & How to Process what your Spouse is Saying.
- Learn to State your Needs Clearly and Openly without Resentment or Anger.
- Learn how to be Assertive without being Offensive.
- Learn to Talk about Issues Without Fear of Hurting your Spouse.
- Learn to get what you need Without making Demands or Engage in Conflict.

WE CAN HELP YOUR MARRIAGE BY ADDRESSING THE FOLLOWING ISSUES:

- Infidelity
- Divorce
- Substance abuse
- Physical or mental conditions
- Cultural clashes
- Finances
- Blended families
- Communication problems
- Sexual difficulties
- Conflicts about child rearing
- Infertility
- Anger

No matter the cause, distress in a relationship can create undue stress, tension, sadness, worry, fear and other problems. You may hope your relationship troubles just go away on their own. But left unresolved, a bad relationship may only worsen and eventually lead to physical or psychological problems, such as depression.

**CALL TODAY FOR YOUR COMPLIMENTARY
15 MINUTE CONSULT (407) 248-0030**