

Fact Sheet 2

Relationships

This fact sheet provides information about facts common relationship issues and how these issues can potentially be resolved.

Relationships are an essential ingredient in anyone's life. They can provide support, love, connection, pleasure, comfort, friendship, and many other benefits. They can also, at times, be a source of distress, disappointment and frustration, and may significantly impact on a person's well-being and everyday life.

The ending of a relationship, which can occur through separation, divorce or the loss of a loved one, can significantly impact upon a person and their family life. The person and their family are at higher risk of psychological, physical and emotional distress.

The facts about relationships

In Australia, approximately 43 percent of all marriages end in divorce, and remarriage following divorce has the highest risk of ending in another divorce.

Divorce prediction in the United States, suggests that the average couple wait approximately six years before searching for support for relationship problems. With half of all marriages in the United States ending in the first seven years, the average couple live with unresolved relationship problems for a significant period of time in their marriage.

Relationship Issues

Some of the more common issues which can affect one's relationship are:

- Poor communications skills
- Issues relating to house tasks and responsibilities
- Differences in child rearing styles
- Poor work/life balance for either or both partners
- Intimacy issues
- Lack of quality time between partners
- Pressures caused by major life transitions
- Undefined, shifting or split loyalties between extended family and/or in-laws
- Financial Issues
- Extra marital affairs

Couples may seek counselling to assist in relationship problems. They may also seek counselling to improve their already healthy relationship, in areas such as improving their level of intimacy and communication, to enhance fulfilment gained from the relationship.

How can we resolve these issues?

Life Resolutions psychologists may use a combination of:

- **Couples counselling** - a form of therapy whereby both partners work together with the therapist to resolve issues that are affecting the quality of their relationship
- **Individual counselling** for each person in the relationship may often be required to address individual issues which may be impacting on the relationship, prior to beginning the couples counselling process
- **Psychological treatments** (such as cognitive behavioural therapy, acceptance and commitment therapy, and/or solution-focussed therapy) which are evidence-based treatments aiming to change patterns of behaviour, thoughts and beliefs as well as emotion-focussed therapy which focuses on addressing the emotional needs of both partners.
- **Psycho-Education** about relationships which involves assisting couples in enhancing the quality of their relationships by educating them about the implementation of successfully proven relationship tools and strategies.
- **Skill building and coaching** to assist couples improve how they relate to one another, improve understanding and communication of individual differences as well as gain greater level of commitment and fulfilment from the relationship.

About Life Resolutions

Life Resolutions offers a professional psychological service, specialising in providing counselling to individuals, couples, families and organisations seeking assistance with life or work issues.

Our fully registered and highly qualified psychologists will support you in a warm and caring environment to overcome difficulties and barriers that hold you back in life. Counselling will enable you to feel happier and more satisfied in yourself and in your relationships.

Our psychologists are registered with all major private health providers.

For inquiries and bookings, visit the Contact Us page at www.liferesolutions.com.au