

Should Counseling Be on Your Wedding Checklist?

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Deciding to have pre-marital counseling could be one of the most important decisions you can make together about your future marriage. The decision to have counseling can set the tone of your marriage and assist you with handling other difficult moments in your relationship.

There are different types of counseling i.e., family, spiritual and group counseling. Depending on your backgrounds either of these can be helpful, but counseling is encouraged none the less. More than half of marriages result in divorce due to lack of communication. Many couples leave important matters in the hands of lady luck and they let the chips fall where they may.

Pre-marital counseling is an investment in your marriage. Address your concerns now because things rarely change after you say “I do.” You can’t eliminate all problems but you can resolve a lot of questions by exploring the “What if’s”.

A few areas that may need to be discussed in detail are:

- 1. Communication**
- 2. Temperament**
- 3. Family**
- 4. Finances**
- 5. Employment**
- 6. Sex**
- 7. Religion**



Taking proactive steps to make your marriage the best it can be is the ideal goal to having a successful marriage. Do everything in your power to make sure you and your future spouse don’t become a statistic.