Therapy-on-Sea

Couple's discussion that are never too late to talk (even in hindsight)

Certain topics in a relationship should be discussed early on.

This is to avoid disappointments, frustrations, and sadness. It will save a lot of time and heartache once discussed and accepted.

If they have not had those conversations it is not too late to talk impacts to help meet that all important middle ground

Check with your couples if they ever communicated about:

- The house and the home – type of house, type of bed to sleep in, how they each sleep, night owl or early bird! How long they ideally want to stay in properties.
- Health and fitness – what are their thoughts on food, lifestyle, fitness. Same page or complete opposites!
- Family and Friends – what do you know and understand about each other's friends and family. Do you understand who is important and who isn't and why.
- Children – on the same page about children? Infertility, fostering, adoption?!?
- Technology – social media, how much time spent on devices, passwords, disturbing couple time?
- Roles – how were they each raised, different cultures, values and beliefs, fairness of household jobs, split fairly.
- Work – goals and aspirations in career, missed opportunities, full or part time, who changes if children or pets enter the relationship.
- Money – how is money earnt and shared, own money, pooled money, spending limits.
- Relationships with others – what are your values, what are your hard lines, what coms within those hard lines?

Mini exercise - Needs and Wants

Touch on the importance of communicating clearly Needs and Wants.

Break down a situation when that did not happen.

Stress that this is not to reignite something from the past but to build for the future.

Ask the couple to consider and talk through the following points:

Describe a situation when they felt that their needs were not met.

- What were the needs?
- What needed to happen to meet these needs?
- How would you have felt if that had happened?
- What should you have done to share this need more clearly with each other?