

Before You Go to Couple's Counseling

- 1) *Are you getting enough sleep?*
- 2) *Have you had a physical recently?*
- 3) *Try journaling. Ask, "How am I contributing to our problems?"*
- 4) *Reach out to a supportive friend.*
- 5) *Focus on being the partner you want to be for your own peace of mind, not as a means to change your partner's behavior*

Ready for counseling? Contact me to schedule an appointment or find a therapist near you on Psychology Today.

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