

# Relationship Advice: 5 Ways Therapy Can Help Your Relationship



By Kayla Garritano

Sometimes, you and your partner can go through a rough patch, where it'll take more than the two of you to solve the problem. Breaking up isn't a solution for you, because you want to be together. In order to make a strained relationship work, you want to find help. With that being said, therapy may be the way to go. Follow these pieces of [dating advice](#) to see how therapy can help make your relationship stronger!

**These pieces of relationship advice will help to grow your connection with your partner and ensure a happy life with each other!**

**1. You'll be able to speak and listen:** In therapy, a lot of it has to do with speaking what's on your mind in order to figure out what the problem is. You'll be able to speak your feelings, and your partner will be able to listen. Then the roles switch. You get to hear what they have to say while they talk it out. These two abilities will help you to grow as a couple. You'll learn how to speak how you feel and to listen to your partner in the proper way.

**2. You'll get to know yourself better:** By going to therapy, you may be able to unveil underlying problems you had, without even knowing it. This will help you accept yourself with any

flaws you may have. Your partner will be doing the same. You will learn that it's better to realize your problems first, because that may open the door to solving a problem with your partner.

**Related Link:** [Relationship Advice: Why Isn't It Easy to Say Goodbye?](#)

**3. You'll understand your partner's problems:** Your partner has the opportunity, just like you, to pour their heart out and open up. You get the chance to hear what they have to say and will learn more about them. If you're in a relationship, isn't it best to get to know more about the one you're dating, problems and all?

**4. Your sex life gets help:** A lot of couples go to therapy because they have a dull sex life. Sex is supposed to be intimate, and you're supposed to have a connection with the person you're sharing the moment with.

**Related Link:** [Cameron Diaz: Is Sex the Answer to Relationships and Love?](#)

**5. No more repetitive arguments:** You and your partner may constantly argue over one particular problem. Constantly fighting over it will not solve anything. Once you go to therapy and acknowledge the problem, your relationship could get "unstuck" and move forward.

**How did therapy work for you and your partner? Comment below!**