

Marriage Counseling Sessions with Taylor and Russell Armstrong Will Air on 'The Real Housewives of Beverly Hills'



Taylor and Russell Armstrong's marriage counseling sessions, which were taped months before Russell's suicide, will air on *The Real Housewives of Beverly Hills*, [RadarOnline](#) reports. "Bravo has done major editing of the show, to be sensitive to the fact that Russell killed himself. However, the decision was made to air the footage of the therapy sessions," a Bravo insider says. "Viewers will see the two of them with their marriage counselor, Dr. Charles Sophy, as well as individual sessions with Taylor. Russell's one-on-one sessions will not air. Taylor is completely supportive of the decision, and thinks

it will help battered women to make the decision to leave an abusive relationship, just like she did.”

What are some ways to work on your marriage before calling it quits?

Cupid’s Advice:

If you can’t imagine life without your spouse, although your marriage is falling part, take the following steps before you give up:

1. Counseling: Visit a marriage counselor, and talk out your problems with someone who won’t take sides and can view the situation objectively.

2. Take a break: Take a month to sort out your feelings and figure out what major issues need to be solved in your current relationship.

3. Discuss it: Committing to open communication where anything in fair game is the best way to get every issue or problem you’re having out in order to fully comprehend what you will have to tackle to re-build your relationship.

Share with our readers if you know other ways to work on a failing marriage.