

Kourtney Kardashian & Beau Get Therapy



Reality diva Kourtney Kardashian and boyfriend Scott Disick have had their share of relationship problems, but they insist rumors about the couple's split are completely untrue, according to [People](#). "It's ridiculous," Kardashian said. "All the [rumors] you just have to laugh at." The pair, who have an 8-month-old son together, have taken to counseling to strengthen their relationship. "I think [counseling] is really important, and we always love going and feel so much better after," Kardashian said.

How can counseling sessions help your relationship?

Cupid's Advice:

Therapy and counseling can be intimidating, but if you and your partner are having issues you don't seem to be able to solve on your own, it may be the best thing you can do.

1. Keep an open mind: If you go into your counseling sessions with the idea that it's not going to help, then it won't. One of the biggest barriers to successful relationship building is being closed off. Take a leap of faith, and counseling could help you open up.

2. Be completely honest: Your therapist is not there to judge, and you don't have to make yourself look good during your meetings. The most beneficial thing you can learn during your sessions is that it's okay to be honest. You can't fix the problems in your relationship without being truthful about your feelings.

3. Believe in change: Kardashian and Disick have been working on their relationship for a number of months now, and Kardashian has said in the past that she sees a big change in her beau. Counseling can help you realize that you and your mate can change and become both better people and partners together.