

Kissing is a means
of getting two
people so close
together that they
can't see anything
wrong with each
other.

- Rene Yasnek



There is a great deal of
research-based
information available now
about the particular
strengths and habits of
successful and happy
couples!
Seeking out a counselor
who can help you with this
will really give your
relationship a promising
start.

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Where Did
You Go to
**Marriage
School?**

Oh, you
didn't?

Well, maybe
now would be a
good time to
attend.

A wedding is a happy occasion and you're probably quite excited about moving forward with your new life. Taking time to talk with your partner about your future plans and expectations may seem unnecessary.

After all, there's so much else to take care of right now.



You're going through a major life change as you move toward marriage though, and allowing yourselves to explore the thoughts and feelings you're experiencing about this change is one of things that will contribute to a strong foundation for your relationship.

By talking with a counselor or therapist, you and your partner will have an opportunity to identify your specific strengths as a couple, including the aspects of friendship that are working well and how you can work best as a team.

You can also map out plans about how to handle your differences, so they don't get in the way.

Speaking with someone who is skillful at recognizing patterns of interacting and your habits as a couple can give you an ability to see your relationship in a fresh light.

If you do have any fears or hesitations, a counselor can help you handle those too, so they don't intrude on your special day.

If two people who have been strangers, as all of us are, suddenly let the wall between them break down and feel close, feel one, this moment of oneness is one of the most exhilarating, most exciting, experiences in life.

-Erich Fromm

