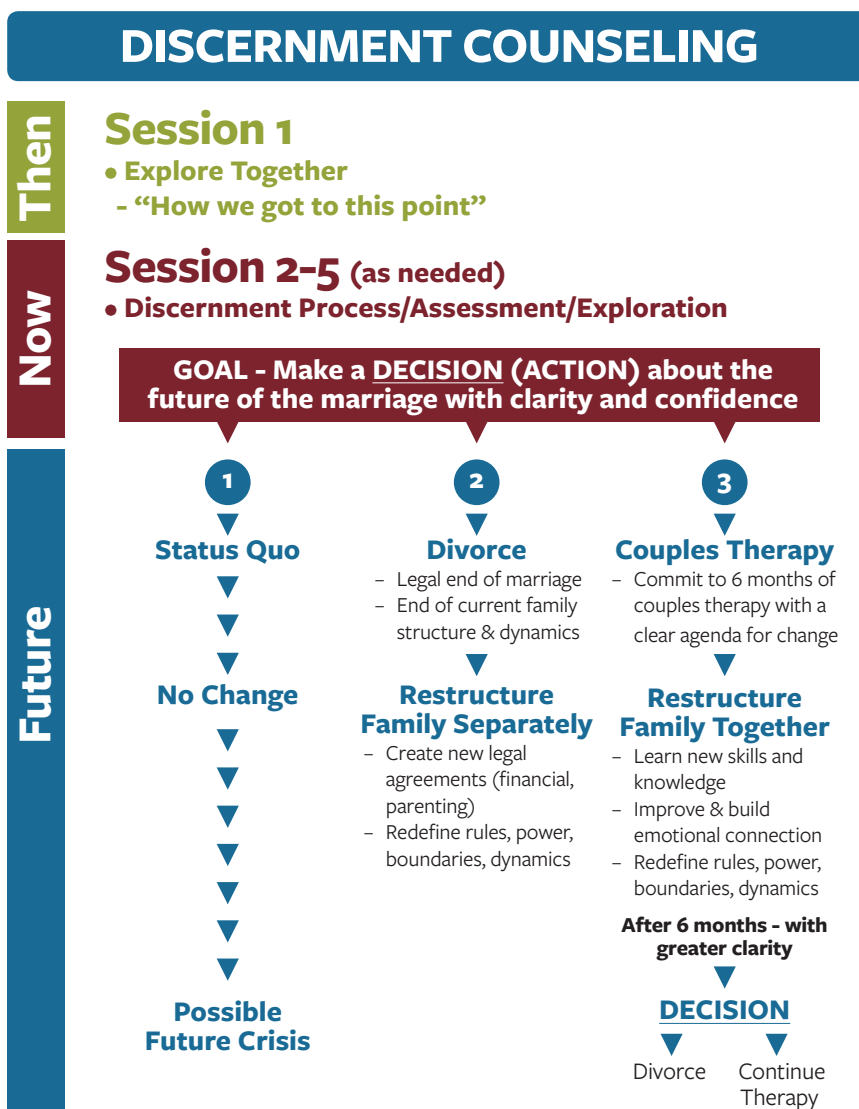


Is Divorce The Right Road To Take?

Divorce is hard enough to go through; even when you and your spouse are both sure it's what you want. It can be worse if one or both of you are unsure of the path you should take. You are probably familiar with the concept of marriage counseling. It's couples-based therapy used to get both individuals to recognize what is occurring in the marriage and take steps to improve the relationship. There is another option called discernment counseling.

Discernment counseling is a relatively new approach to help couples look at all aspects of the decision to stay or go. It helps spouses get unstuck in their decision-making. It is time-limited and designed to focus on making a decision about the future of your marriage with clarity and confidence. In as few as one to five voluntary meetings, you may decide it is best to maintain the status quo, to divorce, or to move forward on an intense six-month couples counseling path. Whichever path you choose, discernment counseling will help you have more information and confidence in your decision. You know you will be taking wise action based on both logic and emotion.

Marriage counseling promotes change. Discernment counseling promotes decision-making. This graphic below demonstrates the discernment counseling process. Whether you choose marriage counseling, discernment counseling or both, be sure to find degreed, licensed and experienced professionals specializing in the help you're looking for (www.discernmentcounseling.com).



Source: Kristin Hall Sliwicki, Marriage Resource Center, LTD.

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