

HOPE THERAPY & COUNSELLING SERVICES

# Relationship & Marriage Difficulties

*When the relationship you built starts to feel like hard work.*

Most couples go through periods of real difficulty. If you are finding it hard to reach each other, trust each other, or imagine things being different — support is available. You do not have to figure it out alone.

**NCPS ORGANISATIONAL MEMBER**

**SPECIALIST COUPLES THERAPISTS**

**FROM £65**

**FREE 15-MIN CONSULTATION**

## RELATIONSHIP DIFFICULTIES ARE RARELY ABOUT ONE THING

## The patterns between two people can become more fixed than either of you would choose

*"Most couples do not arrive at a difficult moment suddenly. The patterns that make a relationship feel stuck usually develop over years — ways of communicating that have calcified, distances that have grown without anyone quite deciding to let them."*

Sometimes there is a clear trigger: infidelity, a bereavement, a job loss, the arrival of children, a significant illness. But more often, couples describe a gradual sense of disconnection — of being in the same house but not in the same relationship — without being able to identify exactly when things shifted.

This is not a sign that the relationship is beyond reach. It is usually a sign that something needs to shift to make more movement possible. **Seeking support is not a sign of failure. It is a sign that something in the relationship matters enough to you that you want to do something about it.**

### Some common ways relationship difficulty can feel

The same arguments keep happening without resolution

Feeling more like housemates than partners

Trust has been broken and neither of you knows how to move forward

Intimacy — physical or emotional — has become distant or absent

One or both of you is thinking about leaving but neither has said it clearly

A major life change has disrupted the equilibrium between you

**Professional registration:** Hope Therapy & Counselling Services holds NCPS Organisational Membership covering our counselling and psychotherapy services. Sessions are confidential; there are limited exceptions and your therapist will explain these clearly at the outset.

THERE IS NO SITUATION TOO COMPLICATED

## The kinds of difficulty that counselling can help with

### Communication breakdown

When conversations always escalate, or when important things go unsaid because neither person knows how to begin. Couples counselling offers a space where those conversations can happen more safely.

### Infidelity and trust

Whether the infidelity is recent or further in the past, the impact on trust can be profound. Counselling helps both people understand what happened and what they each need to move forward — in whatever direction that turns out to be.

### Loss of intimacy or connection

Physical and emotional intimacy can diminish for many reasons — stress, illness, becoming parents, depression, or the accumulation of unaddressed distance. Counselling can explore what has shifted and what might allow it to shift again.

### Life transitions

Becoming parents, bereavement, serious illness, redundancy, retirement, children leaving home — significant changes can disrupt the equilibrium between two people in ways that are hard to navigate without support.

### Pre-marital exploration

Counselling before making a long-term commitment is not a sign of trouble — it is an opportunity to understand each other's values, expectations and ways of managing difficulty before they become a source of conflict.

### Separation and what comes next

Not all couples who come to counselling are trying to save their relationship. Some come to find a way of separating with more care and less damage — particularly where children are involved. Counselling does not presuppose any particular outcome.

## WHAT COUPLES COUNSELLING INVOLVES

# A space where both partners can be heard

Couples counselling is not about a therapist deciding who is right and who is wrong. It is about creating a space where both partners can be heard — and where things can be understood more clearly than they can be at home. A couples therapist holds the space for both perspectives without taking sides.

In sessions, your therapist will help you notice patterns — the ways your communication escalates, the things that tend to get avoided — and explore where those patterns have come from and what might make them more flexible. Most couples find that having things said in a session that could not be said at home creates something they can build on.

**Couples counselling does not guarantee any particular outcome.** Some couples leave having found renewed connection. Others leave having understood more clearly what they each need — and those needs sometimes point in different directions. Both are valid outcomes of a process engaged with honestly.

## SERVICES AT HOPE THERAPY FOR RELATIONSHIP DIFFICULTIES

# Different forms of support — depending on your situation

### Couples Counselling

Sessions with both partners and a specialist couples therapist. Covers communication, trust, intimacy, life transitions, pre-marital work, and separation support. Online UK-wide or in-person.

**From £85 per session**

### Individual Counselling for Relationship Issues

One-to-one counselling for your own experience of relationship difficulty — your patterns, history, and what you need. Useful whether or not your partner is also in therapy.

**From £65 per session**

### Family Therapy

Where relationship difficulties involve the wider family — including children, co-parenting, or blended family dynamics — offering a space for multiple people to be heard together.

**From £85 per session**

### Trauma-Informed Therapy

Where past experiences — including within previous or current relationships — are affecting your current relationship. Explores those patterns in a supportive way.

**From £65 per session**

## WHAT OUR CLIENTS SAY

## Client experiences

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*We had been stuck in the same patterns for years. Having someone genuinely neutral in the room — who wasn't on either side — made it possible to say things that had been unsaid for a long time.*

**COUPLE — RECURRING CONFLICT**

“

*I came on my own at first, because my partner wasn't ready. The individual sessions helped me understand my part in the patterns between us. That shifted things enough that we eventually came together.*

**INDIVIDUAL COUNSELLING FOR RELATIONSHIP ISSUES**

“

*We weren't sure whether we wanted to stay together or separate. Counselling helped us understand what we each actually needed — and we made a decision that felt informed and honest, even though it wasn't the one either of us expected.*

**COUPLE — SIGNIFICANT UNCERTAINTY**

*Client experiences are individual. Results vary between people.*

## COMMON QUESTIONS

## Frequently asked questions

### Can counselling help if only one of us wants to come?

Yes. Individual counselling can be useful even when only one partner is willing to engage. Working through your own patterns, reactions and needs can shift the dynamics of a relationship significantly — sometimes enough to open doors that felt closed. If your partner is not ready for couples counselling, individual therapy is a meaningful starting point.

### Does going to couples counselling mean we have decided to stay together?

No. Couples counselling does not presuppose any particular outcome. It creates a space for both partners to understand what is happening more clearly and to make more informed decisions — whatever those turn out to be. Some couples leave with a renewed relationship; others leave with a clearer understanding of what they each need to move forward separately.

### Is counselling only for couples in crisis?

No. Some couples come at a moment of acute difficulty. Others come because something has quietly shifted and they would like to address it before it becomes a crisis, or because they want to understand each other better before a major commitment. Counselling is equally useful in all of these situations.

### How is couples counselling different from individual counselling for relationship issues?

Couples counselling involves both partners together with a therapist who holds the space for both of you. Individual counselling is about your own experience, feelings and patterns. Both are useful for relationship difficulties, and some people find it helpful to work in both formats at different points.

## TAKING THE FIRST STEP

## Most couples describe wishing they had come sooner

A free 15-minute consultation is a low-pressure conversation — a chance to talk about what is happening, ask questions, and find out whether counselling could help. Either one or both partners can join the initial call. There is no commitment to proceed.

### When you feel ready, we're here.

A free, no-obligation 15-minute conversation — either one or both partners can join. No pressure, no commitment to proceed.

**Book:** [calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04) · **Call:** 07379 538411 · **Email:** [contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

**Please note:** We are not a crisis or emergency service and are not able to provide support for active self-harm or suicidal ideation. If you or someone you know is in immediate danger, please contact the services below.

**999** — Emergency services · **Samaritans: 116 123** — Free, 24 hours · **Women's Aid: 0808 2000 247** — Domestic abuse, 24/7

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# *There is no situation too complicated, and no relationship too far along a difficult path.*

Hope Therapy & Counselling Services offers couples counselling, individual counselling for relationship issues, family therapy, trauma-informed therapy, and more — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners includes specialist couples therapists.

#### TELEPHONE

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#### EMAIL

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#### WEBSITE

[www.hopefulminds.co.uk](http://www.hopefulminds.co.uk)

#### FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

#### ALSO FROM US

**The Talk Room Podcast** — honest conversations about relationships, mental health, and everyday wellbeing from the Hope Therapy team. Search **The Talk Room** on Spotify and YouTube, or find it at [hopefulminds.co.uk](http://hopefulminds.co.uk).

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.