



Swastivishwa Behavioural and Social Sciences Institute Foundation

Transforming Individuals,
Organisations and
Communities

COUPLES THERAPY AND COUNSELLING

TIPS TO DEVELOP BONDS IN COUPLES

- Take responsibility for mistakes
- Appreciate frequently
- Be flexible
- Keep your life balanced
- Be yourself
- Keep expectations realistic
- Take out time to discuss each other's goals
- Share your experiences, feelings, opinions & interests
- Take care of yourself and each other
- Cool down before talking
- Keep your language clear and specific

CONTACT US

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+91 9529181790

ACTIVITIES WHICH HELP DEVELOP BONDS IN COUPLES

Pursue a hobby together

Digital fasting exercise

Binge-watch your favourite show together

Plan a trip together - like adventurous

Take a walk or exercise together

Cook a meal together

Give a surprise to your partner

Some benefits of Couples/Marriage/Relationship Counselling & Therapy

Improve communication skills between two people

Discover the root causes of major points of conflicts

Create better understanding

Encouraging better acceptance of one another

Providing secure environment & opportunity to heal

Restoring lost trust between a couple

Providing the opportunity to increase shared support

Restoring emotional and physical intimacy

Decreasing emotional detachment or avoidance

Restoring emotional strength

Building relationship resilience



Connect with us for Couples Counselling: psychservices@swastivishwa.com
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