

Relationship Difficulties

Navigating your way
through the storms of a
strained relationship

Cork Counselling Clinic

Relationship difficulties.

First, we should clarify here that we are not talking about couples' therapy. We are addressing where a person may be in a couple but essentially if you were to engage in therapy you would be attending yourself.

For the most part, when a person comes for therapy it is due to a relationship difficulty on some level. It may be with a partner, co-worker, family member or friend. A person may be struggling with the relationship they have with themselves. Relationship difficulties are part of life but at times the difficulty may be impacting on us in a way that is having too much of an effect on our daily lives. There may be ongoing problems that just don't appear to get resolved.

You may be finding it difficult to sustain a meaningful relationship or maintaining a connection. There can be arguing or long silences that are taking their toll on you.

What are the signs that a difficult relationship you may be encountering could be helped in therapy?

First lets us point out some of the signs and symptoms people experience in relationships that are just too difficult to cope with and may need the support of a therapist to get a better understanding of your options and actions that you can take through the exploration of the issues involved.

Signs and Symptoms.

Feeling alone.

Feeling put down.

Constant unresolved arguing.

Being dumped or abandoned.

Loved and loathed as a cycle.

Undervalued.

Passive-aggressive behaviour.

Walking on eggshells.

Feeling manipulated.

Always being made feel you have to apologise.

The environment you are in just feels toxic.

These are just some of the feelings that come up for people who are in a difficult relationship or have come out of one. If this resonates with you then you may benefit from therapy, in exploring and untangling the whole situation you find yourself in.

As humans, we are relational beings. There is a desire to have other people in our lives. However, this can go wrong for us. We can make the wrong choices. A relationship that is meant to be encouraging, loving, supportive can become toxic. It is not just confined to the area of romantic relationships. It can be with a family member, friend, co-worker or manager that the relationship is difficult to maintain and can have a dramatic negative impact on our lives.

At Cork Counselling Clinic we offer support through Counselling, Coaching and Psychotherapy. All these disciplines use the same underscoring approach. That is the three-stage model of Exploration, new understanding and action. You will be given the safe, compassionate and non-judgemental space to first explore in detail what is your own experience. How you are affected by your current circumstances, where you will with the help of a therapist come to a new understanding of your situation, which in turn leads on to you taking action that is appropriate for you. Action that is underscored by resilience and determination.

THREE STAGE MODEL

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If you feel that you have suffered too long and need to discuss and explore what is happening for you in any relationship you are having difficulty with, then you can book an appointment with a therapist or book a free 15-minute consultation to discuss your needs. We are delighted to accompany with our clients on the journey of discovery that they are on. Please feel free to book a call back or call directly. You can do so on our website; corkcounsellingclinic.com

We wish you well on your journey and encourage you to be compassionate and patient with yourself at this time.

This information is for educational awareness and in no way whatsoever should it be considered advice or a substitute for the advice of a G.P. or medical specialist. It is produced subject to the full Terms and Conditions available at our website corkcounsellingclinic.com. The services we offer are therapeutic evidenced based services that are proven to be effective for the client. All our services are talk based therapy with the goal and belief that each person is a whole person that can find within themselves the answers they seek for better personal understanding and empowering positive change in their lives.