Four questions to ask *a couples therapist*

Before the first call, each choose the question you would most like answered. It is fine to choose different ones.

1

Whose side will you take if we remember it differently?

Think of one moment you remember differently. What would you want the therapist to understand before either of you explains it away?

2

What happens if I go quiet while my partner keeps talking?

You can ask for something specific, such as a little time to think or a chance to finish your own sentence.

3

If you see us separately, what stays private?

Ask how the therapist handles information from individual meetings before deciding what you want to share.

4

What if we want different things from therapy?

Perhaps one of you hopes to stay and the other is still deciding. Ask how there would be room for both people to speak plainly.

One thing I nearly said on the call

Afterwards, take a minute each. Did I feel able to disagree or correct a misunderstanding?