

What are the biggest fears when it comes to marriage counseling?

Not all couples will be ready to undergo marriage counseling. However, it might prove to be the best thing to do at times. It takes a significant amount of courage to attend a marriage counseling session. But, couples would be reluctant to ask for support for their relationship. Only when you go attend your first therapy session, you will realize that things will not actually be that bad and might improve. In this article, we bring to you the biggest fears faced by most of the couples when it comes to marriage counseling:

Fear of letting go

Since their childhood, people would have put up a façade of being strong, coming across a person who is independent and never cries. It might all go wrong when you feel vulnerable while at a [therapy session](#) and couples generally would have the fear that they will not be able to recover if they break down. However, what people do not realize is that when they are open with their therapist and bond well with them, it will only prove to be beneficial to them in the long run. You will be able to deal with things in a better manner after coming out of therapy.

Fear of getting judged

A majority of people do not speak about their problems as they have the [fear of being judged](#). But, if you keep your problems to yourself, there is seldom anything that anyone will be able to do. Out of all the people, your therapist is definitely not going to judge you and they will acknowledge you for the way you are. When you talk to them, you can feel confident and share everything which you would not share with anyone else generally.

Fear of coming across as abnormal or weird

When [people want to visit a psychoanalyst](#), they will be worried about how the therapist might react and how whatever you are feeling or going through is weird or abnormal. However, it is absolutely not the case and everybody is as abnormal as you are. Only when you accept it and have the courage to walk to a therapist and talk about it, things will start getting better. Do not worry, you will not be judged or be termed as abnormal.

Fear of dependency

You will be of the idea that you have been managing things on your own since a long time and would not want someone to help you sort things. Some people have a notion that going to a therapist will only make them dependent and they will not be able to sort things on their own at a later stage. You will definitely not have a dependent relationship with your therapist and they will make sure that you will be able to handle things on your own.

If you have any of the above-mentioned fears or inhibitions when you are planning to visit a therapist, get rid of them and attend the first session with a therapist, as it will change your perception.