

Friendship

In these unsettling times we find ourselves in, the concept of Friendship seems off the agenda for many countries instead preferring to resort to conflict and war. I have been thinking about Friendship and how rarely it shows up in couple therapy. There must have been a point when the deep bond of friendship was what connected you to each other and an important part of the choice to make a commitment to marriage?

Happy marriages are based on a strong foundation of friendship. A couple understand, respect and trust each other. A true friend is someone whom you can trust and who stands by you in the good and bad times. Someone who isn't afraid to tell you the truth and whom you feel safe, and comfortable around.

Having a strong basis of friendship in a marriage helps couples feel safe and secure with each other without worrying about being judged or criticised.

Friendship is one of the most important foundations of a healthy and happy marriage. Keeping your friendship growing throughout your marriage is not always that easy and like other aspects of your relationship, it needs nurturing and care to keep it thriving.

The word Friendship conjures up thoughts of companionship, mutual respect, honesty and vulnerability. In the words of CS Lewis "friends look in the same direction"

Couples who stop paying attention to their friendship, look in opposite directions, often fall apart and seek out couple therapy. Nothing gives me greater pleasure than helping couples restore this most important of bonds.