



A SHORT GUIDE

How to Ask Your Partner to Try Therapy

Bringing up therapy can feel loaded — and done poorly, it can start the very fight you're hoping to fix. Here's how to raise it so it lands as an invitation, not an accusation.

1. Pick a calm moment

Not mid-argument, not on the way out the door. Choose a time you're both reasonably settled.

2. Lead with the relationship, not the blame

Frame it as something for the two of you — “I want us to be better,” not “you need help.”

3. Use a soft start-up

Open with how you feel and what you want, not a complaint. For example:

“I've been feeling distant from you lately, and I miss us. I don't want to keep having the same fight. Would you be open to talking to someone with me — even just once, to see?”

4. Make it small and low-stakes

A single free consultation is a much easier yes than “ongoing therapy.” You're asking them to try one conversation, not sign up for a year.

5. If they say no

Don't push or make it a threat. You can still start on your own — a lot shifts when one partner begins to change their side of the pattern, and it often makes it easier for the other to join later.

My opening sentence (write it in your own words):
