

Marriage Counselors Are Sharing The Most Common Mistakes Couples Make And They Are So, So Real

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When it comes to relationship mistakes, marriage counselors have seen it *all*. But it turns out, couples make some mistakes far more often than others. In fact, a viral thread asked marriage counselors to share the most common mistakes couples make, and their responses were thought-provoking and so, so real:

1. "Bringing up *past* misbehaviors when trying to resolve a *current* issue."

2. "Not giving intimacy in their relationship enough attention, including sex. Many relationships start with the 'hot and heavy' phase in which intimacy comes naturally. But as that phase diminishes, many couples don't spend the time and energy to figure out how to maintain it."

3. "Thinking that they have to feel 'in love' at all times, and that if they don't, then they obviously married the wrong person."

—[mwehofer12](#)

4. "Listening to respond and not listening to hear."

—[cplkm](#)

5. "Allowing family and friends to get too involved in the relationship. Remember the saying, 'Too many cooks spoil the broth?' Yeah — *exactly this.*"

—[Being_grateful](#)

6. "Expecting that because your significant other is around you most, that they are aware of ALL of your thoughts and feelings. Your partner is *not* psychic!"

—[natgoeshome](#)

7. "Sexual incompatibility — as in, one person viewing sex as a bonding activity while the other views it as a utility."

8. "Forgetting they're on the same team, and fighting to *win* instead of fighting to *resolve.*"

—[pjninja8488](#)

9. "Expecting one person to be everything for you. You need friends, coworkers, hobbies, and a support system, too."

—[fairiefire](#)

11. "When one person says, 'I'm unhappy about X,' and their partner responds, 'Well, I'm unhappy about Y!' Fix X first. Get settled. *Then* bring up Y if you still need to."

—[mrmrmrj](#)

12. "Waiting until your relationship is already DOA before coming to therapy, and then expecting your therapist to revive it in one hour."

—[BellicoseBelle](#)

14. "When one person is hurt and instead of saying so, they try to hurt the other person back. Much of the relationship

damage couples endure is the back-and-forth 'hurt each other' game that snowballs out of control, causing a ton more damage."

—[Mightymeatballs](#)

15. "Treating their pets better than their partners."

—[LAW1212](#)

16. "They say people divorce over money, but they don't —they divorce over *values*. And nothing brings out someone's values — or lack thereof — like money. If you can't understand the person's priorities, fears, hopes, dreams, goals, and what drives them financially, if you look down on them for any of that, or if think you'll be able to fix any of that, *don't marry them*."

17. "Bringing a child into a broken marriage expecting them to be the lifesaver — it has never worked and *will never work*. A child is supposed to be the consolidation of the mutual love of the couple because the marriage is in a good place, not the other way around."

—[an_annoyed_jalapeno](#)

18. "Going to a marriage counselor thinking they're like a judge and will tell you who's right and who's wrong."

—[bwnmc3](#)

19. "Marrying someone they wouldn't go into business with. I'm a paralegal, and I always tell people that if you can't imagine yourselves opening a dry cleaning business, creating the next great start-up, or running a B&B together, then DO NOT marry that person. Because marriage is a legal business,

a contract that creates a business relationship with the other person. And to marry them is to open a business enterprise with them."

20. "One of the most toxic things I've found in marriage counseling is when couples think of themselves as individuals who 'happen' to be together, and not as a couple. I'm not advocating enmeshment, but that's not really marriage. That's having a roommate. Marriage is a union of two people — that's what the sand and knots are all about. If either member thinks of themselves as a solely autonomous individual whose actions impact only themselves, things will eventually go bad."

—[Negromancers](#)

21. "Keeping score. Whether someone is keeping score of everything they've done or everything their partner has done, it's a death knell for the relationship. It's a partnership, *not a competition*."

—[natgoeshome](#)

22. "Many couples make the mistake of thinking that sex shouldn't be talked about, just intuitively understood. But life doesn't work like that. Sex is good, important, and OK to talk about."

23. "Not expressing gratitude towards your partner on a regular basis. Expressions of gratitude can have a really positive effect on psychological well-being, as well as relational strength."

—[maxpowerphd](#)

24. "Sometimes people are just looking to express their feelings and feel heard. I've made the mistake multiple times

of jumping to try and find the 'solution' to a problem, when the better thing to do was to be open, listen, and acknowledge the validity of my partner's feelings."

—[dudeguy1234](#)

25. "When I was in my twenties, I was working as a nursing assistant, and the veteran nurse on the unit walked in holding hands with her husband. I commented that you don't see that every day, and she leaned in and said, 'You want to know the secret, kid?' I said yes, and she continued, 'People don't know how to grow and change together. You will change, and so will your partner. But the question is whether you know how to grow and change together.'"

Some responses have been edited for length and clarity.