



8 Irrational Beliefs in Couples

From Couples Counseling, Marina Williams

1. If the relationship is not perfect, it is not worth keeping.
2. My partner must agree with me on everything.
3. My partner can read minds and should know what I want, but chooses to annoy me.
4. Solutions that work for me must also work for us as a couple.
5. If I cannot control my partner I cannot trust him/her.
6. My partner must fulfill all of my needs.
7. My partner must love me 100% all of the time.
8. We must enjoy all of the same things.