
GETTING SUPPORT

When to Get Help

How to know when self-help isn't enough and what professional support actually looks like.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

Self-Help Has Limits

Books, assessments, workbooks, and guides are valuable tools. They can shift your perspective, give you language for what you are experiencing, and provide practical strategies. But they have limits. Some situations require a trained professional in the room.

Asking for help is not failure. It is the opposite. It is the decision to fight for your relationship with every resource available.

Signs You Need Professional Help

- The same argument keeps repeating with no resolution, no matter what you try.
- One or both partners have emotionally checked out of the relationship.
- There has been infidelity and you cannot navigate the recovery alone.
- Communication has deteriorated to the point where every conversation becomes a fight.
- One partner is experiencing depression, anxiety, or trauma that is affecting the relationship.
- There is addiction involved: substance, pornography, gambling, or other compulsive behavior.
- You are considering separation or divorce.
- There is any form of abuse: physical, emotional, verbal, financial, or sexual.
- You have tried everything in these guides and things are not improving.

Types of Professional Support

Licensed Marriage & Family Therapist (LMFT)

Specifically trained in relationship dynamics. Best for ongoing couples therapy. Look for someone with experience in your specific issue.

Licensed Professional Counselor (LPC)

Can address individual issues that are affecting the relationship. Depression, anxiety, trauma, addiction.

Christian Counselor / Coach

Integrates faith into the process. Best when both partners share a faith foundation and want it to be part of the work.

Pastoral Counseling

Your pastor or church leader. Good for spiritual guidance and accountability, but may not have clinical training for complex issues.

Intensive Programs

Multi-day programs for couples in crisis. More progress in a weekend than months of weekly sessions.

IMPORTANT: If you are in immediate danger, call 911. If you are experiencing domestic violence, contact the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. If you are having thoughts of self-harm, call or text 988.

EXERCISE: The Honest Assessment

Answer these privately. Your answers will tell you where you are.

On a scale of 1-10, how satisfied am I with our relationship right now?

Do I believe we can fix this on our own? Y / N / Not sure

Is there something I have not told my partner that is affecting us?

Am I willing to sit in a room with a professional and do the work?

What is stopping me from getting help? (cost, pride, fear, time)

What will happen if we do nothing and things stay the same?

For coaching support, contact Dr. Hines Inc. at johnathan@drhinesinc.com or visit drhinesinc.com.
