

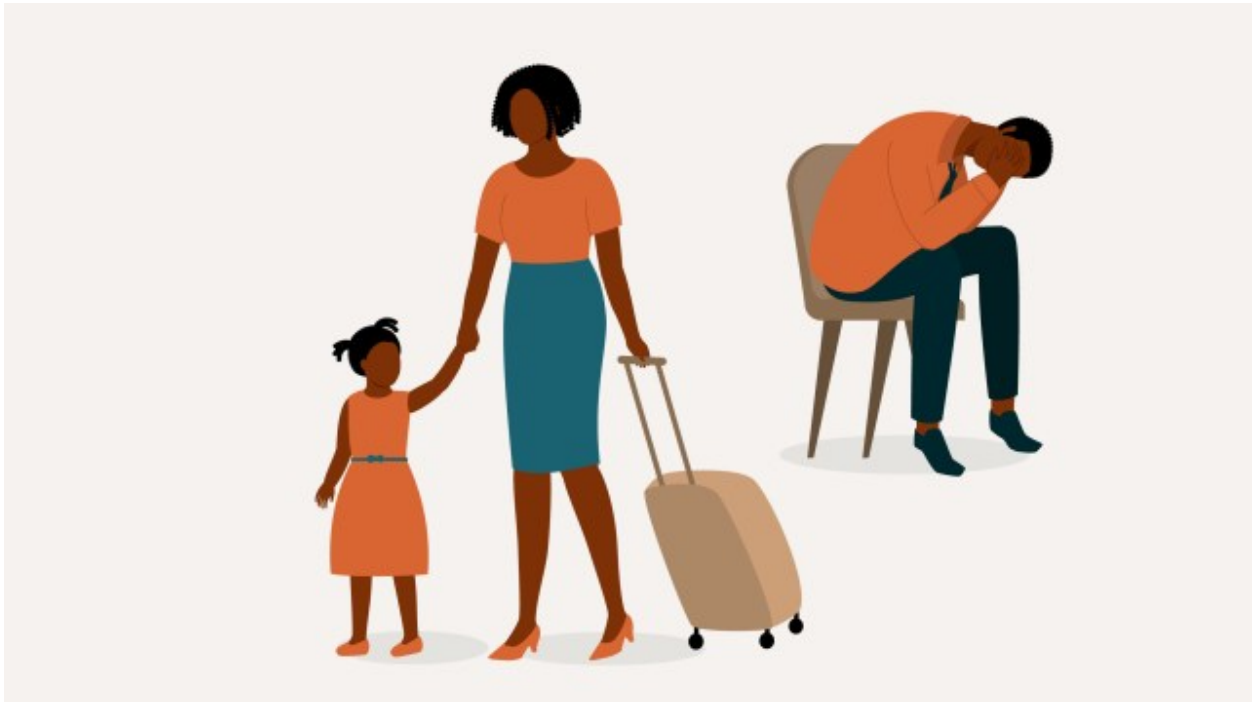
My wife says it's over but I didn't see it coming. Is it too late to fix things?

[i inews.co.uk/inews-lifestyle/couples-therapy-wife-over-not-in-love-anymore-2836106](https://www.inews.co.uk/inews-lifestyle/couples-therapy-wife-over-not-in-love-anymore-2836106)

5 January 2024

Couples Therapy

This week, Cate Mackenzie advises a man who found out his spouse wants to end things - he didn't believe she was unhappy until now



“Although it may be over, you have the chance to get to know your story, what happened and why

By [i Team](#)

January 5, 2024 6:00 am(Updated 10:46 am)

*Each week **i** asks experts to answer readers' questions about love, sex and relationships*

My wife of 10 years has just told me that she thinks our marriage is over. She's not in love with me any more and she wants to move on. I am in shock. I had no idea that she was feeling this way.

She has mentioned couples counselling before but I never wanted to, I thought we were OK. Now I've told her I'll do anything to make this work. She thinks it is too late.

How could I not have seen this coming? What can I do to make her change her mind?

Couples counsellor and psychosexual therapist Cate Mackenzie says:

I am so sorry this happened and I can only begin to imagine how shocked you are. It may well be that you trusted all was really OK and counselling wasn't really needed.

You might not be able to change your wife's mind, but what you could do is to let her know how sorry you are and that you can now see she felt she could not get through to you for a long time and that she may have felt extremely lonely and unknown.

Although she may not want to come back, you do have an option to get to know your story together, what happened and why. Ask her if she might be open to talking things through. It might be a good idea to see a counsellor for you and also a counsellor for the two of you to unpack this and attempt a conscious uncoupling.

With conscious uncoupling, the idea is that you can gently and carefully unfold the nature of your relationship to become friends or co-parents rather than partners or lovers. You can take a journey to help transition your connection in a way that is kind and compassionate. This is a potential way to make a split possibly less shocking.

Even if a break-up is necessary it can trigger abandonment issues and affect people quite badly. Taking the time to consciously uncouple can allow for potential healing and give people the opportunity to be honest about things they may have been holding on to for years which can bring peace and closure – but can also bring people closer again.

One of our greatest needs as humans is to be seen and heard and sometimes it takes a crisis for this to happen. If you can find a way to talk to each other and really understand what is going on for her, you may find that a new kind of connection emerges. This may be a friendship – and then who knows what could happen.

For now, I would really recommend getting help and talking to people about your grief and shock. Many people live life only in their world and not imagining what the other person feels.

In this case it seems like you assumed she felt the same as you and now you have found out something different. This is a great opportunity to work on holding your thoughts and the different thoughts of another at the same time.

Whether you stay together or not, you do have a chance to make amends and ask her what she needs from you without expecting anything in return. When we don't put pressure on someone but instead allow them to be themselves, while making sure we are warm and show that the door is open, things can happen. Good luck.

As told to Marianne Power