

Getting on Better (2022)

Stages and changes of relationships

- ➔ Relationships change over time.
- ➔ What stage are you at? What could this mean for your relationship?
- ➔ Flip the card to find out.



Romance

Reality

Power
struggle

Finding
yourself

Acceptance
of each other

Mutual respect, love
and understanding

Stages and changes of relationships

Long term relationships tend to go through lots of **STAGES** and **CHANGES**.

It's different for everyone and your journey will be affected by the changes in your lives.

1) Romance

Many relationships start here – everything seems perfect and you want to spend every moment together.

2) Reality

You start to see each other's flaws. You may find that you want different things from life.

3) Power struggles

As you figure out how things are going to work between the two of you, you may have to reach a compromise about important issues like children, money, or housework.

4) Finding yourselves

Once you've figured out how your relationship works, you may need to focus on yourselves as individuals – your personal hopes and dreams. **This can be a difficult stage for many couples.**

5) Acceptance

When you have learned to respect each other's needs, you can start to see your differences as a strength.

6) Mutual love and respect

You learn to love each other completely – warts and all. You've found a way to balance your needs as individuals with your roles in the relationship.

Throughout your life, you may move up and down through the stages. Big changes like having a baby or losing a job can cause arguments, which may set you back. And you won't always be at the same stage as each other.



Here are a few questions to ask yourself:

- a) Where do you think you are at the moment?
- b) Where would your partner say they are?
- c) What would you have to do to get to the next stage?



Scan the QR code or visit bit.ly/stages-changes to watch the relevant video clip