

# Getting On Better 2021

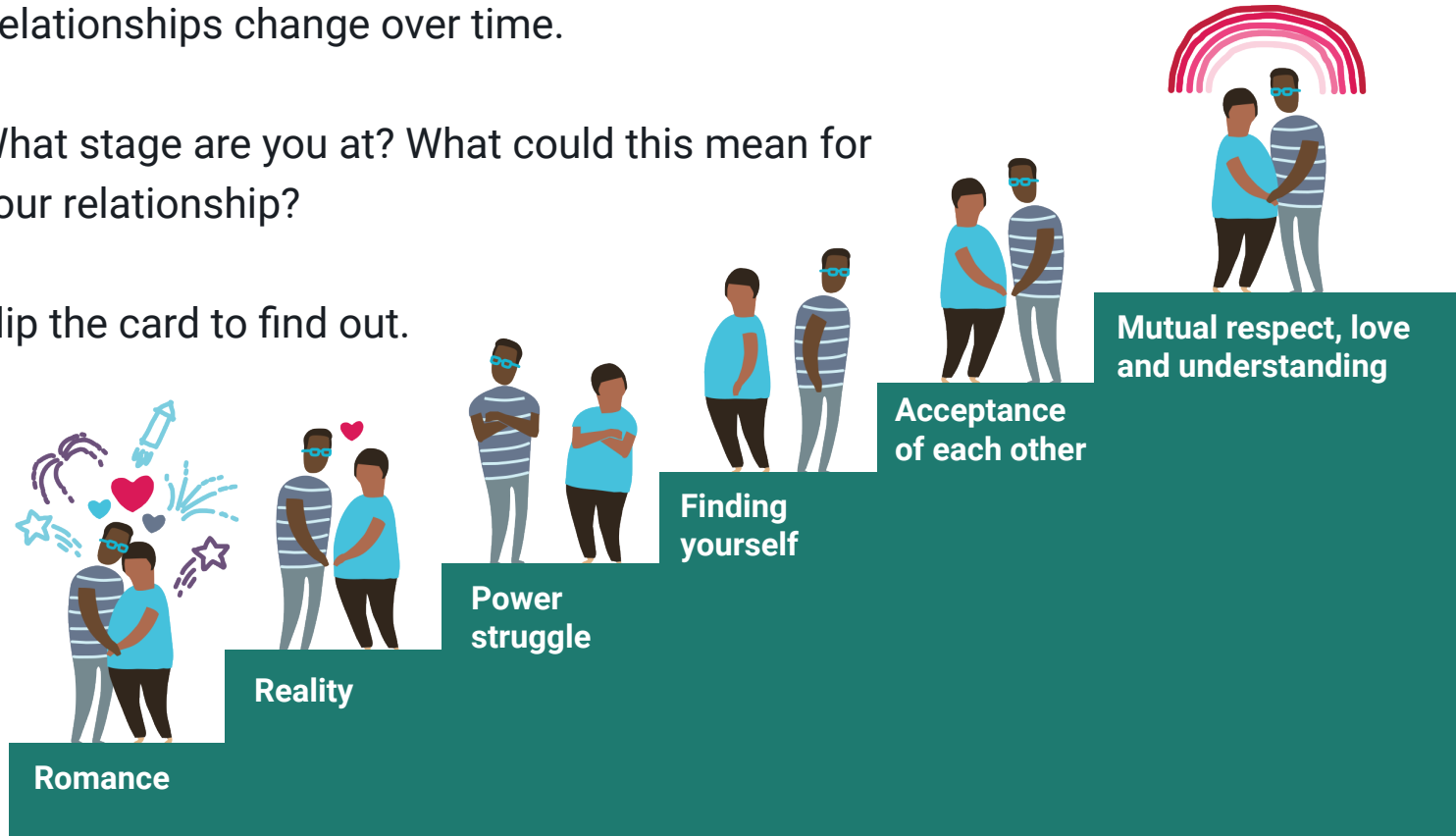
Stages + changes of relationships: for parents



Relationships change over time.

What stage are you at? What could this mean for your relationship?

Flip the card to find out.



## Stages + changes of relationships: for parents

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.



[bit.ly/stages-changes](https://bit.ly/stages-changes)

### 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 strengths.

### 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's a few questions to ask yourself now:

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