



How you move through the different stages of the relationship

Summary

- Most relationships move through distinct stages. Each stage has different developmental tasks.
- The early stage is the 'The Spark' or honeymoon where the couple learns to bond with each other.
- The next stage is 'The Chasm' where partners notice differences more.
- This is followed by 'The Power Struggle' which is the make-or-break phase of a relationship. Both partners become aware of their different needs and wants.
- The final stage is 'The Union' where a couple has learned to accept and value their partner's differences.
- These stages are not necessarily linear.

The Relationship Maze