

STAGES OF RELATIONSHIPS

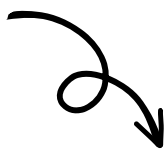
FIVE STAGES

Coach OhMeDay wishes she had known this when she was 23 years old:

01. HONEYMOON

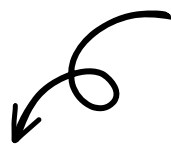
Let's take a trip down Memory Lane . . .
Looking for that Prince or Princess?

- What did you feel?
- What did you do?



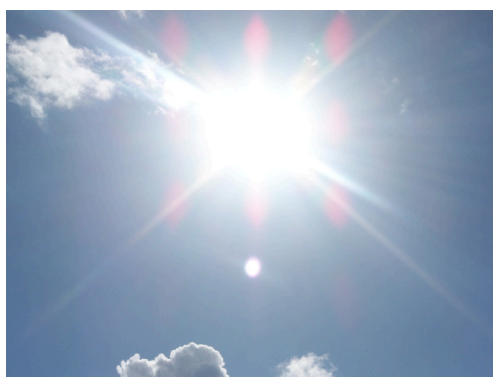
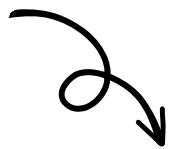
02. DISILLUSION

After some time in the Honeymoon stage, what happens? . . .
ADJUSTING to REALITY - are you not both human? ... flaws begin to show!



03. MISERY

Also known as Power Struggle, Disappointment or Distress stage. Conflict grows - resentments build . . .
You ask: **“Will this ever change?”**



04. AWAKENING

With Resolved Conflicts from the Misery Stage, you two can move on to Stability, Friendship, or Reconciliation stages. You learn how to practice . . .
“Listening with the Heart”



05. PEACE/CALM

Other stage names: Commitment, Acceptance, Transformation, or Real Love. Estimated that less than 15% of couples make it here.

Here your relationship becomes a **true partnership!**

