



## INSPIRATIONAL LIVING SERIES

# Stages of Relationship



### STAGE 1: ROMANCE

**Physical symptoms:** Essence is the primary state of being. Joy and happiness is present, lots of time is spent together including having great sex.

**Mental symptoms:** Idealizing your partner with thoughts such as - *Everything she/he does is magic! How can I be so lucky?*

### STAGE 2: EMERGENCE OF YOUR UNCONSCIOUS PATTERNS

*(Oddly enough, often coincides with emergence of your partner's unconscious patterns.)*

**Physical symptoms:** Persona is the primary state of being. Anger, irritation, sadness, fear, and/or depression.

**Mental symptoms:** Thoughts such as - *Can I trust this person? Why is the universe doing this to me? Have I made a very serious mistake? This isn't who I thought I was getting.*

### STAGE 3: THE CHOICE POINT

#### Choice A: The Conscious Loving Choice

Your patterns emerge...

You take full responsibility for them, inquire into them, and reveal the deeper truth.

#### Choice B: The Unconscious Choice

Your patterns emerge...

You withhold, withdraw and project.

### STAGE 4: THE RESULT

More aliveness, closeness and creativity.  
Return to romance again and again.

Numbing out, making a deal, recycling patterns, distance, spiritual divorce.

### STAGE 5: CO-COMMITMENT

With practice, you learn to live in a state of continuous positive energy, and as a result you create more together than you could have done separately.

*"For one human being to love another; that is perhaps the most difficult of all our tasks, the last test and proof, the work for which all other work is but preparation."*

*~Rainer Maria Rilke*

Based on the work of my mentors, Drs. Gay and Kathlyn Hendricks.  
[www.hendricks.com](http://www.hendricks.com)  
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