

Stages of Relationship – What Stage are you at?

Answer the following questions for yourself and then share your answers with your partner to see what stage you might each be in.

You may notice your answers are very different from each other. This may mean you are actually at different stages. If this is the case take some time to discuss how you might get to the next level together.

Stage 1: Exclusive Bonding

1. What initially attracted you to each other?

2. What do you find most fulfilling about your relationship?

3. What was the very beginning of your relationship like?

Stage 2: Rediscovering your Differences

4. What was your first disappointment? What happened and how did you resolve it?

5. When do you feel least fulfilled in your relationship?

6. In what significant ways are the two of you similar? Different? What methods have you worked out to accommodate these differences?

Stage 3: Moving from “We” Back To “Me”

7. Do you spend time in activities away from your partner? If so, how often?

8. How comfortable are you with doing activities away from your partner?
How comfortable are you with your partner doing things away from you?

9. How safe do you feel expressing your innermost thoughts and feelings to your partner? How do you ask for emotional support from your partner when you are feeling vulnerable? Do you expect to get it?

Stage 4: Reconnection

10. Would your partner say that you are emotionally responsive to his/her vulnerability? How might you do this?

11. Do you take an active, energetic role in nourishing the relationship?
Does your partner do the same? How?

12. Do you support your partner's development as an individual? How do you do this? Do you support his/her growth as an individual even when you don't agree? How?

Stage 5: Synergy - Independence and Interdependence

13. Do you believe that your partner is giving at least 50% of him/herself to the relationship?

14. Do the two of you have joint commitments to projects, work activities, or social causes? If so, what?

15. Did you deliberately decide to create something together in one of these areas?

And one final question:

If your relationship were a drama, movie, or book, what would it be titled? How would it end?

If you were able to answer the questions in each section easily then it would indicate that you are already familiar with the scope of each stage. Otherwise, wherever the questions started to get difficult may indicate that you have reached a stage which needs more attention before you are ready to move on.

You might also realize that it seems that there are times when you are in one stage and another time when you might be somewhere quite different. This is a normal response. Relationships are a living thing and will progress at its own pace. Consequently you can't proceed to the next stage until you are ready to do so.

It is important to note that wherever you are is where you should be right now.

This Quiz was adapted from the work of:

Bader, Ellen & Pearson, Peter. (1988). *In Quest of The Mythical Mate*.
Brunner/Mazel – New York