



**Relationships**



## STAGES OF CLOSE RELATIONSHIPS

### STAGE 1: ROMANCE

Physical symptoms: Colossal highs, tendency to walk around with a large grin

Mental symptoms: Grandiose thoughts (Everything s/he does is magic) with occasional bursts of humility  
(How can I be so lucky?)

**STAGE 2: THE INEVITABLE: EMERGENCE OF YOUR UNCONSCIOUS PATTERNS** (Oddly enough, often coincides with emergence of your partner's unconscious patterns.)

Physical symptoms: Fear, anger, irritation, depression

Mental symptoms: Thoughts like: Can I trust this person?  
Why is the universe doing this to me?  
Have I made a serious mistake?

### STAGE 3: THE CHOICE POINT

**CHOICE: THE CONSCIOUS LOVING CHOICE**

Your patterns emerge ...

You take full responsibility for them, inquire into them, and communicate the microscopic truth.



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



### 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.

**CHOICE: THE UNCONSCIOUS LOVING CHOICE**

Your patterns emerge ...

You withhold, withdraw, and project.



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

### STAGE 4: THE RESULT