

STAGES OF CLOSE RELATIONSHIPS

STAGE 1 ROMANCE

Physical symptoms: Colossal highs, tendency to walk around with large grin
Mental symptoms: Grandiose thoughts (Everything she/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 very serious mistake?

STAGE 3 THE CHOICE POINT

CHOICE A: THE CONSCIOUS LOVING CHOICE

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



CHOICE B: THE UNCONSCIOUS LOVING 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, 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.