

ESSENTIAL TASKS

In Each Stage of Marriage

Every marriage goes through different stages of growth and development, and there are significant tasks that must take place within each stage. Read below to see what stage you are in and how you're doing. The time periods are subjective and your mileage may vary.

1. PASSION

- Day 1 through 365.
- Enjoy this stage!
- Know that the euphoria will need, and that's ok.
- Begin developing good habits in health, finance, communication, etc.

2. REALIZATION

- 2-4 years.
- Don't panic.
- Recommit to each other.
- Flex your forgiveness muscles.
- Learn to express needs and wants.
- Develop healthy conflict and communication habits.

3. ACCEPTANCE

- 4-10 years.
- Learn to laugh at yourself.
- Don't get too comfortable.
- Don't neglect investing in your relationship.

4. COOPERATION

- 10-25 years.
- Simplify your life as much as you can.
- Remember you'll never get this time back.
- Don't let your career consume you.
- Keep the romance alive.

5. REUNION

- 25-40 years.
- Support one another through empty nest.
- Engage in new pursuits together.
- Fan the flame of love.
- Dream together.

6. COMPLETION

- 40+ years.
- Maintain a youthful attitude.
- Keep a positive mindset.
- Stay physically active & involved in community.
- Continue to be madly in love.

*"If you want something to last forever,
you treat it differently...it becomes
more and more special because you
have made it so."*

- unknown