

Title:

Counselling: Salvaging Your Happily-Ever-After

Word Count:

782

Summary:

This article discusses about marriage. It has four stages, namely: the romance or honeymoon

Keywords:

counselling, relationships, anxiety

Article Body:

They say a healthy and harmonious relationship promotes well-being to the people involved in it.

But before trying to save a dwindling relationship, we need to understand how many stages there are.

Stage one, the honeymoon stage. Newlyweds are still caught up by the excitement and romance.

Stage two, the reality stage. This stage is where reality starts setting in. This is where the honeymoon phase ends.

This stage is the most challenging part of the relationship, and puts the marriage at risk.

Also, during this phase, sex feels more of a routine as the excitement fades away. So, it's important to stay connected.

Stage three, the accommodation stage. This is when couples work out their differences and find ways to compromise.

Stage four, the transformation or success stage. At this part of the marriage, the couple has found a way to work together.

As mentioned earlier, during the reality stage of the marriage, couples grow anxious and insecure.

Keeping a relationship, to be more specific, a marriage, is difficult and requires work.

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