

# STAGES OF ROMANTIC RELATIONSHIPS

## 1 THE HONEYMOON STAGE

Your brain releases a flood of dopamine and norepinephrine — two neurotransmitters responsible for that giddy, euphoric feeling.



## 2 THE UNCERTAINTY STAGE

You notice things that irritate you about your partner. "Like wait, what? You aren't really perfect!"



## 3 THE ADJUSTMENT STAGE

You recognize conflicts and incompatibilities that are more difficult to navigate like cultural differences, religious practices, family culture, and morals.

## 4 THE COMMITMENT STAGE

This is when we start to accept each other's flaws and find that the positives you are getting from the relationship outweigh the difficulties.



## 5 THE ACCEPTANCE STAGE

You experience a level of connection that provides safety and security. The relationship provides support as you focus on your own personal goals.