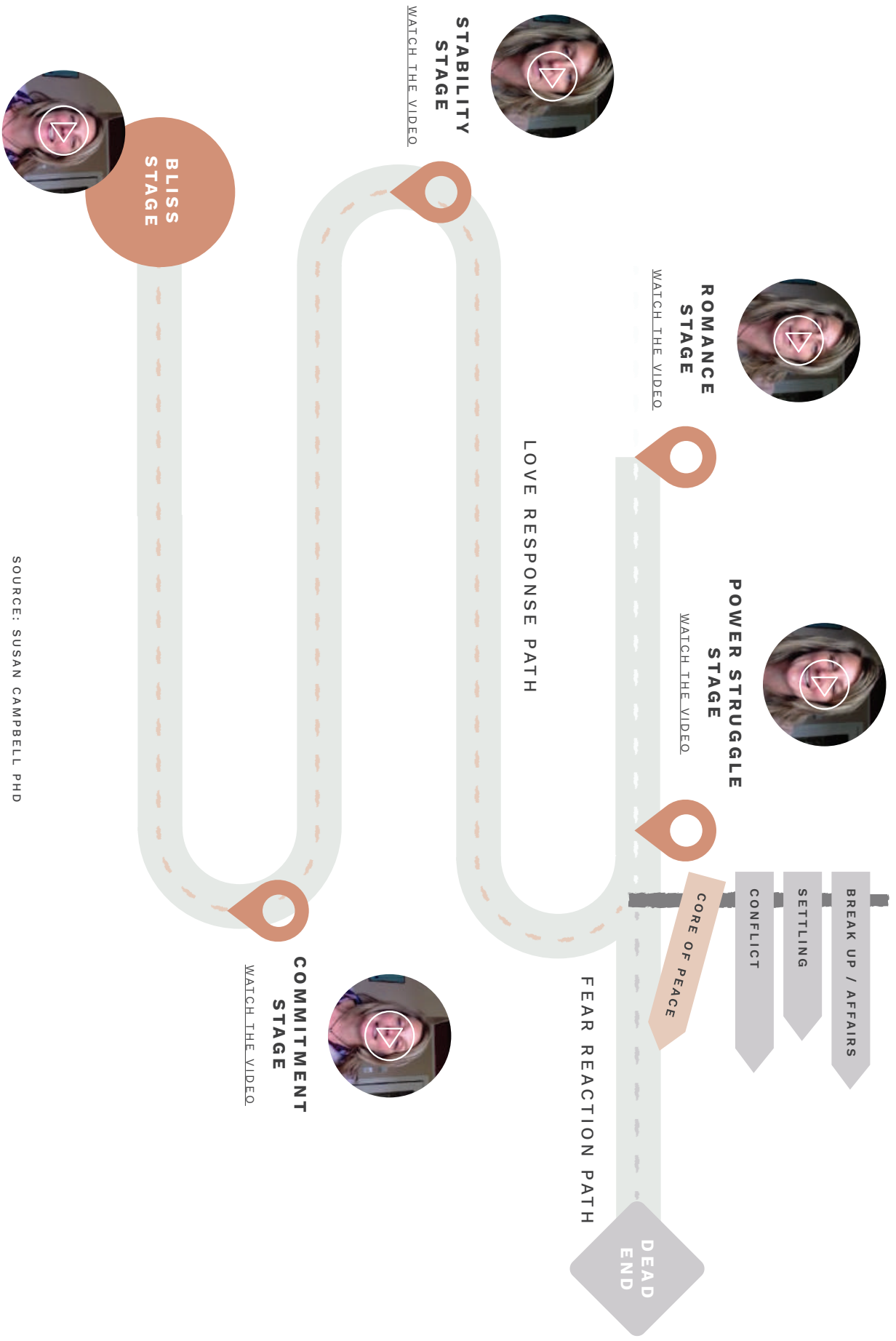




# *Relationship Roadmap*

YOUR ROADMAP TO A  
FULFILLING, PASSIONATE AND  
LOVE FILLED RELATIONSHIP

*Mariette West*



SOURCE: SUSAN CAMPBELL, PHD

*Mariette West*

Have you been wondering how you ended up joining the very high percentage of unhappy marriages?

Maybe you woke up one day and realized how miserable you are.  
Maybe you dread going home after work to face the stress and unhappiness lurking there.  
Maybe your relationship feels as if you are sharing a home with your partner but little else.

Some of you might even be wondering if your marriage is going to make it and questioning if it is time to throw in the towel.

Statistics say that between 40-50% of marriages end in divorce. Of those who remain together, only 1 in 5 of them report feeling deeply in love and fulfilled in their marriage.

So you might be asking..

**Is it even possible to have a happy marriage, especially if the one I have now is far from it?**

The answer is a loud “Yes!”

One of the most powerful ways to improve your relationship is to become aware of the stages every relationship goes through.

Be open to the possibility that:

**The root of the problem isn't you, them or the relationship.**

**Instead, the problem often starts with a misinterpretation about where you are in your relationship journey and how you both then react to this interpretation.**

Are you ready to reignite your relationship and create the loved-up life you crave?  
Following is a diagram to help you see where you are in your relationship, the crossroads where many of us get stuck, and what you need to know and do to get your relationship back onto a fulfilling, passionate and loving path.

**You CAN create the relationship you most desire.**

Read on....

*Mariette West*



## **ROMANCE STAGE**

[WATCH THE VIDEO](#)

Evolution ensures growth and continuation of the species by providing Oxytocin (the love drug) and Dopamine (the pleasure drug).

- We love the results of these hormones
- They cause us to be blind to the differences between you and partner
- We tend to act irrationally and impulsively at this time



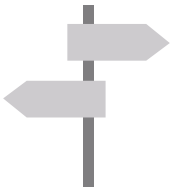
## **POWER STRUGGLE STAGE**

[WATCH THE VIDEO](#)

Oxytocin and Dopamine wear off

- Start to grieve what you gave up (freedom and single life)
- Feel anger and disappointment that your ideal relationship has changed - rose coloured glasses have come off and start to see flaws and differences in your partner

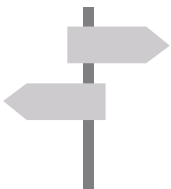
**You will have a choice of paths to take at this point**



### **PATH 1: BREAK UP / AFFAIRS**

Led by fear response

- Have a desire to find a new partner (short or long term) to get back to the romance stage and the feel the effects of the love and pleasure drugs
- Want to get back to the romance stage and feel the effects of the drugs

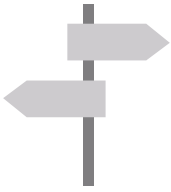


### **PATH 2: SETTLING**

Led by fear response

- Give up on dream of a fulfilling/loving relationship & accept a mediocre one
- Pull away from partner and settle into a disconnected relationship - avoidance

*Mariette West*

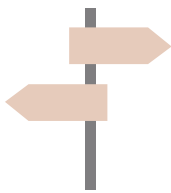


### **PATH 3: DRAMA TRIANGLE**

Led by fear response

- Relationship filled with conflict and fighting
- Focus on fixing/changing partner back to the way they were at the beginning

**The above three paths all keep you stuck in the Power Struggle Stage OR out of the Relationship all together where your pattern will most likely repeat with the next person.**



### **PATH 4: CORE OF PEACE**

Led by love response

- Choose to be led by love rather than fear
- Focus shifts from attempting to change your partner to clearing your own blocks
- Begin to see partner for who they are
- Understand your needs and how to meet them (which may include requesting support from partner or others)

**This is the only way to get out of the Power Struggle stage and into the Stability Stage**



### **STABILITY STAGE**

[WATCH THE VIDEO](#)

- Focus is on getting to know yourself - who you want to be individually and as a partner
- Begin to appreciate your partner for who they are and give up the desire to change/fix them
- Start to see real relationship possibilities rather than the fairytale romance or holding onto other old patterns that no longer fit
- Begin dreaming and scheming ways you both can shine for who you are individually and together

*Mariette West*



## COMMITMENT STAGE

[WATCH THE VIDEO](#)

- Trial and error to find what works within your relationship
- Committed to seeing the relationship as an opportunity for growth individually and as a couple



## BLISS STAGE

[WATCH THE VIDEO](#)

- Found your path as a team and now just tweaking challenges as they come
- Ready to bring your gifts as a couple into the world (create something together)

**You will continue to cycle through the Relationship Stages each time you face transformational changes/challenges in other areas of your life (such as changes in your health, finances, home, career, or other relationships that transform your life as you know it).**

**Each time you cycle through, you are able to better your response to challenges/change by seeing it as a new opportunity (rather than a signal that all is wrong) to learn more about yourself, your partner and you in partnership.**

*What's next?*

**Do you need more support?**

Book in a free consultation call and I will share how I can help you create a more connected, passionate and fulfilling relationship with your significant other no matter where you are on the Relationship Roadmap

[BOOK YOUR CALL](#)

*Mariette West*