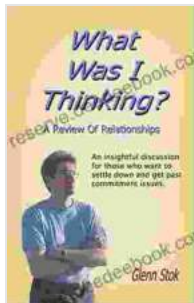


What Was Thinking: A Review of Relationships



What Was I Thinking? A Review Of Relationships

by Glenn Stok

★★★★★ 5 out of 5

Language : English
File size : 1558 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 158 pages
Lending : Enabled
Screen Reader : Supported



Relationships are one of the most important aspects of our lives. They can bring us joy, love, and support. But they can also be difficult, and they can sometimes end in heartbreak. In her book *What Was Thinking*, Dr. Monica Moore explores the psychology of relationships. She examines the different stages of relationships, from the initial attraction to the final breakup, and provides insights into the factors that contribute to relationship success or failure.

The Stages of Relationships

According to Dr. Moore, relationships progress through a series of stages. These stages are:

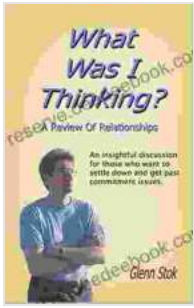
- **The attraction stage:** This is the stage where you first meet someone and feel an initial attraction to them. You may be drawn to their physical appearance, their personality, or their intelligence.
- **The dating stage:** This is the stage where you start to get to know someone better. You go on dates, talk on the phone, and spend time together. You begin to learn about their likes and dislikes, their goals and dreams.
- **The falling in love stage:** This is the stage where you start to feel deeply in love with someone. You feel a strong connection to them, and you can't imagine your life without them.
- **The commitment stage:** This is the stage where you make a commitment to each other. You may get married, move in together, or have children.
- **The stability stage:** This is the stage where your relationship becomes more stable. You feel comfortable and secure in your relationship, and you can rely on each other.
- **The decline stage:** This is the stage where your relationship starts to decline. You may start to argue more, lose interest in each other, or drift apart.
- **The breakup stage:** This is the stage where your relationship ends. You may break up amicably, or you may have a difficult and painful breakup.

The Factors that Contribute to Relationship Success or Failure

According to Dr. Moore, there are a number of factors that contribute to relationship success or failure. These factors include:

- **Communication:** Communication is essential for any healthy relationship. You need to be able to talk to each other openly and honestly about your thoughts, feelings, and needs.
- **Trust:** Trust is another essential ingredient for any healthy relationship. You need to be able to trust that your partner is loyal, honest, and supportive.
- **Compatibility:** Compatibility is also important for relationship success. You need to be compatible with your partner in terms of your values, goals, and lifestyle.
- **Commitment:** Commitment is essential for any long-term relationship. You need to be committed to each other and to making the relationship work.
- **Effort:** Relationships require effort. You need to be willing to put in the effort to make the relationship work. This includes spending time together, communicating with each other, and resolving conflicts constructively.

Relationships are complex and challenging, but they can also be incredibly rewarding. If you want to have a healthy and successful relationship, it is important to understand the different stages of relationships and the factors that contribute to relationship success or failure. Dr. Moore's book *What Was Thinking* provides valuable insights into the psychology of relationships. It is a must-read for anyone who wants to improve their relationships or understand them better.



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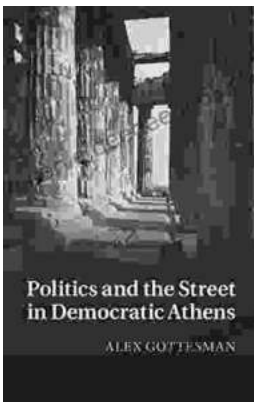
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