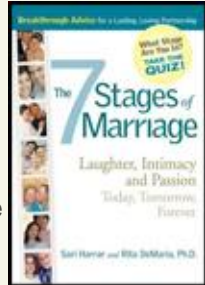




FEATURE ARTICLE October 2012 **FOR COUPLES & INDIVIDUALS**

Reconsidering the Divorce Rate

I am often asked what I think about the divorce rate. Followed by the question, what do I think of the 'fact' that people don't want to get married anymore? So, I decided to address these questions and share my point of view in this newsletter.



There is a pretty wide spread belief that the divorce rate in the US is about 50%, right? A number of demographers (scientists), however, believe that the rate is closer to 40%, maybe, if you study the statistics about first marriages in particular.

To keep it simple, here is how the 50% divorce rate comes about: the number of all marriages per year determines the 'marriage rate'. The number of all divorces per year determines the 'divorce rate'. While these are not the same couples getting married and divorced in that year the ratio of the number of divorces to the number of marriages provides the 'divorce rate' for that year. More simply, 100 marriages, 50 divorces = 50% divorce rate.

I believe a more helpful way to think about marriage and the divorce risk is to consider the stages of marriage. In my book ***The 7 Stages of Marriage, each stage is*** discussed in detail: Passion, Realization, Rebellion, Cooperation, Reunion, Completion and Explosion.

The 'falling in love' **Passion** stage begins before marriage for many couples. About 10% of couples in this first stage, who plan to marry don't. The good news is that they recognize their issues while they are in this stage before life becomes complicated. The Passion stage can continue into the early year(s) of marriage, depending on when children arrive (if they do).

The **Realization** stage is next and some people realize then that they made a mistake and tend to divorce within the first year or so. Other couples have realistic expectations and start to navigate their life together quite well.

The **Rebellion** stage is a time for couples to learn to negotiate their differences and the basics of problem solving. By this time couples have been married about 3-7 years and divorce takes place in about 40% of the couples who will ever divorce. [This is a high risk time!](#)

(FREE)
Relationship Talks
November 12
 and every 2nd Monday
 of
 Every Month in Blue
 Bell



The 7 Stages of Marriage
 October 29, 2012



Creating a Passionate Partnership
 November 10, 2012



Rekindling the Spark
 December 10, 2012



NEW!
The Relationship Prepare Program
A couples workshop for anyone Considering, Planning or Revitalizing a marriage.
 Jan16 or Feb 23, 2013



The Relationship Course:
Loving for Life
 Six Week Session





Then during the **Cooperation** stage, couples begin to learn how to become a team, building a life together, or they begin to live more parallel lives forgetting to nurture the romantic love they have for each other. [Without Cooperation on issues of money, children, time together, and sex, key problems develop.](#) These couples are at high risk for divorce unless they seek couples therapy and/or a couples communication, conflict resolution program. By 10 years about 60% of couples in this stage who will ever divorce do so and by 15 years about 80% of couples who will ever divorce will divorce.

As couples approach the **Reunion** stage, the risk of divorce is still there but it isn't as high. Couples can reunite and reignite the love and passion for each other if they have nurtured their marriage enough and have maintained their commitment, their intimacy, and connection.

With time and health available to them during the **Completion** stage these couples can grow and flourish and enjoy their lives together. There are examples everywhere.

Unfortunately, the **Explosion** stage can happen anytime for any couple and often more than once. Depending on how they deal with their crises, traumas, and tragedies these couples may not make it. However, all couples face challenges in their marriages one way or another. Some grow together and some grow further apart.

The bottom line is: the divorce rate varies depending on what happens during your journey and what stage you are in along the path. We know that the most satisfying times of marriage are usually in the early years and then in the later years, both are times when romantic love flourishes. The exciting part to me is that those really happy couples who have been together for a lifetime are the happiest and almost always more in love with each other than ever!

To hear more about my work [visit my website and click on some helpful audio and media clips.](#)

There are many other tools and information available to help you meet the challenges of dating, getting married, being married and successfully navigating your way through the 7 Stages. The Relationship Center is here to help you learn to restore, enhance, strengthen, and transform your relationships.

Meet Rita DeMaria, Ph.D., LMFT - The MarriageDoctor™



Are you a counselor, therapist, coach or clergy? Consider the PREPARE/ENRICH program to strengthen and enhance your skills to help couples.> [PREPARE/ENRICH Facilitator Newsletter, Sept 2012](#)

Anger Management Group

4 Week Course in Philadelphia or Blue Bell



Women's Empowerment Group

8 Monthly Classes Philadelphia or Blue Bell

FOR PROFESSIONALS

Prepare/Enrich Training
November 16, 2012

MEDIA SPOTLIGHT



[The State of Marriage](#)

CONTACT DR. RITA

Rita DeMaria, PhD, LMFT
215.628.2450
DrRita@RitaDeMaria.com



790 Penllyn Blue Bell Pike
Blue Bell, PA 19422



100 South Broad Street
Philadelphia, PA 19110



www.RitaDeMaria.com

