**Predictable stages of change when dealing with difficult issues**

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Every time a couple tackles a difficult problem requiring change (like money, sex, time, mess, kids, friends, in-laws or religion for example), we **all** go through a predictable sequence of five steps to make that change.

Researchers (Prochaska, DiClemente, & Norcross) have shown this is not a linear process. In fact it is quite **normal** for us to repeat the cycle a few times before we find a solution which is workable & sustainable for both people in the couple. This journey goes from denial that there’s a problem to commitment to finding a solution that works for both.

[Watch this video](http://bit.ly/1b8I1ya) as couples therapists Ellyn Bader & Peter Pearson describe how they went through the stages of change to conquer the problem of mess in their home.

Adapted with permission from Dr. Ellyn Bader & Peter Pearson [http://www.couplesinstitute.com](http://www.couplesinstitute.com/)