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## **STAGES OF BLENDING IN A STEP-FAMILY**

### **1) THE FANTASY STAGE**

Where everything is happy and the family only see the good things; the couple is happy to have each other; the children are excited to have a mother or a father living with them again, and they are excited about the new siblings.

### **2) THE CONFUSION STAGE**

Where the romance and excitement has worn off for the parents and the children, and reality starts to sink in; everybody starts to wonder if this is really going to last.

### **3) THE CONFLICT STAGE**

Feelings of anger and aggression may emerge with a lot of tension and stress on the family; issues of money and power may arise. This stage may be overcome by using resolution skills.

### **4) THE COMING TOGETHER STAGE**

This is a less intense stage where everyone is learning to work and live together peacefully and things are becoming balanced.

### **5) THE RESOLUTION STAGE**

During this stage the family starts to bond together and accept the reality of their new family and become more comfortable.

Refer to the Handout in [www.RonaldMah.com](http://www.RonaldMah.com) for the [Basic Rules of Developmental Theories](#). The basic rules of all developmental theories apply to the Stages of Blending in a Step-Family. Each stage needs to be satisfactorily satiated. Sequence and progression apply. Rushing or skipping does not work. Stress, abuse, or trauma will get the family stuck or make it regress.