

Coaching: Marriage Matters



Week 30

The Transition Stage of Marriage

There are for the purpose of these discussions four stages of marriage—the Establishment Phase (years 1-7), the Growth Stage (years 8-20), the Transition Stage (years 21-35), and the Mature Stage (years 36 and beyond). The Transition Stage of Marriage is the stage of marriage when some or all of the children have left home, and work-life may have peaked.

At this point in marriage, a couple is typically looking forward to enjoying the fruits of their labor and the fulfillment that comes from having achieved and endured much together. This is also the period of time when marriage partners can experience a personal and spiritual void. Because of this transitional challenge, this is often a time requiring personal reflection and seeking wisdom from sources outside the marriage.

During the Transition Stage of Marriage, a husband and wife might need to rediscover their identity and worth apart from parenthood and/or their career. This is an extremely valuable time for a couple as they each get back in touch with themselves and with each other. It is a time for a husband and wife to re-examine and recommit to the foundational truths of life and the basics of their relationship as a couple.

Couples who have neglected their own personal development or have let life pull them apart may experience during these transitional years what is often called a “mid-life crises.” This is a situation where “me” can destroy “we.” At best, the transitional years are a time when married couples can reaffirm that they still need each other and can joyfully recommit to their covenant of marriage.

The Transition Stage of Marriage is a time in the marriage for rejuvenation, not stagnation; it is a time for establishing a renewed, and sometime revised, vision for a future together.

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