

Relationship Advice: 10 Emotional Stages of Being in a New Relationship



By Katie Gray

New relationships are fun and romantic. It's exciting to get to know someone you care about on another level outside of your friends. It's nice going on dates, laughing, and then talking about it with your friends and family afterward. Our emotions vary during this new stage of a relationship. Cupid has some [relationship and dating advice](#) to help you navigate and understand these emotional stages of being in a new relationship.

Check out Cupid's [relationship advice](#) about handling the 10 emotional stages of being in a new relationship:

1. Bliss: The early stages have you feeling nothing, but complete bliss! You and your partner are so happy and positive. In the beginning, you haven't fought yet and everything is so new and blissful.

2. Honeymoon Stage: The honeymoon stage of a new relationship is exciting! Everything they do makes you happy, you want to spend every minute with them, and when you're not around them you wish you were. It's good to take this special time in, so that you will remember the good times of the relationship when things get hard during the tough times. Enjoy the honeymoon period while it lasts!

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3. Fear: A natural emotional stage of a new relationship is fear. You know that all good things must come to an end, and you really don't want this relationship to head in that direction. Sometimes you will get nervous about the thought your new partner not being in your life anymore. But don't worry – just have faith in your relationship and cross that bridge if/when you come to it.

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4. Overthinking: Overthinking and over-analyzing every situation sometimes comes with the territory of having a new relationship. It's completely natural to overthink, because you care, and your concern is coming from a good place. The best relationship advice is to try to keep your thoughts from

consuming you. Don't stress or focus on it. Just keep living life, and stay in the positive!

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5. Investigator: It's natural to want to play the role of private investigator when you're in a new relationship. Perhaps something happened that has you thinking your partner isn't being honest to you, so you want to know for sure. The best dating advice is to know that these urges are normal, but that the best plan is to communicate fully with your partner first. Don't jump to any hasty conclusions.

6. Funny: If you can make your partner laugh, they will love you forever. As Audrey Hepburn once said, "Laughing is the best calorie burner." Enjoy this fun stage of a new relationship, where everything your partner says and does makes you laugh and amuses you.

7. Paranoid: The downside to caring about someone, is that you will do anything for them and you don't ever want to lose them. You've grown so close and cannot envision your life without them. It's normal to be a little paranoid, because you didn't think you could ever be so happy and in love. The relationship advice we can offer, however, is to push your paranoia aside and know that you do deserve to be that happy.

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8. Realization: A big stage in a new relationship is the realization of everything. You realize that you enjoy being in their company so much, and you discover so many things about them including their likes and dislikes. You realize how much you really care about them.

9. Accomplished: Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities

you're participating in, the things you're learning, the plans that you're making and so forth.

10. Happy: Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities you're participating in, the things you're learning, the plans that you're making and so forth.

What are your experiences with the 10 emotional stages of being in a new relationship? Share your stories with us below.