

# Stages of Competent Change

## UNCONSCIOUS COMPETENCE

You realize that no relationship is perfect. But this one is The One that you will choose always. The love gets easier because most problems solve themselves when all you want is to make each other happy.

## CONSCIOUS COMPETENCE

You meet someone who wants the same love you want. You make the tough choice to leave the mediocre love for the big, bold, beautiful love. But things are still hard. And messy.

## CONSCIOUS INCOMPETENCE

You have done all you can to make things better, but the relationship still is not fulfilling. You talk to your partner and try to fix all identifiable problem areas. You feel that you are failing.

## UNCONSCIOUS INCOMPETENCE

You know things don't feel Right, but you don't know why. You change yourself to make things better, hoping it will please your partner and improve your relationship.

start here

