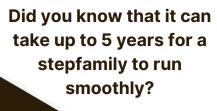
Bumps in the road, detours, U-turns, and roundabouts are all normal.

## **The Vision**

The hope that the stepfamily will be one big happy family.



An emotionally intense time as conflicts arise, anxiety is high, and loyalties are tested. The stepfamily challenges are apparent but not yet resolved.





The stepfamily accept the new family structure and change. Common goals, values, history and traditions have had time to develop.



The stepfamily begins to stabilise, find their groove, and establish routines and roles.

## **The Uncertainty**

The realisation that there are a lot of feelings from everyone in the stepfamily and that things are not running as smoothly as first hoped.

## The Stepfamily Journey

www.drkateowen.com