

This present thesis deals with the subject of one of the key periods of a cohabiting relationship or marriage which is essential for the further development of the relationship and forming a family which is one of the major areas of social work.

In the thesis, I discuss the relationship between a healthy relationship of a couple and functional family, I describe romantic relationship, its forms and the factors which influence the choice of a partner including the most common mistakes in this process according to the authorities in the field. Moreover, I describe the preparations for living together.

Finally, I analyze the adaptation phase of the relationship, its typical aspects and common problems which one can encounter, as well as strategies of successfully dealing with them.

The aim of this theses is to map the topic of the adaptation phase in a relationship as described in the relevant literature as well as sum up the findings.