



# Single in a Married World: A Life Cycle Framework for Working with the Unmarried Adult

*Natalie Schwartzberg, Kathy Berliner, Demaris Jacob*

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This guide shows how therapists can help single adults stop perceiving the lack of marital status as a central life story and focus instead on defining an authentic self. This involves looking not only at personal expectations, but also at society's stigmatization of single adults.



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