

## **Abstract**

This study explored how Maltese couples experience the first five years of marriage. A phenomenological method of inquiry was used and data was collected by means of eight in depth interviews. The data was analysed and six main themes emerged. The findings of this study are presented and discussed in the light of the literature reviewed. Implications for Gestalt theory and practice are highlighted. The conclusion of the study is that most newly weds experience a series of adjustments until they settle into their new world of marriage. Despite their differences and moments of conflict, the participants of this study experience marriage to be a positive experience and a process of growth.