# Navigating Love and Transition: How Couples Thrive Through Identity Changes



Marissa Lasoff-Santos and her partner, initially a bisexual woman, fell deeply in love and married in Michigan. Her partner, now her husband, transitioned, and they both identify as queer. According to Lasoff-Santos, their relationship strengthened through this transition.

Data is limited, but some couples and therapists indicate that relationships can thrive with newfound honesty. Kristie Overstreet, a sexologist, reports about 40% of relationships survive a transition, while sex therapist Kelly Wise estimates a 50% survival rate in his practice.

Online support groups, such as Distinction Support founded by Avril Clark, and the Reddit group r/mypartneristrans, offer resources and communities for partners of trans and nonbinary individuals.

Couples like Emily Wilkinson and Cameron near Seattle, and Rhiannon and Sophia Koch in Iowa, navigate their evolving relationships through mutual support and new shared experiences. Their stories emphasize the adaptability and enduring strength of these partnerships.