

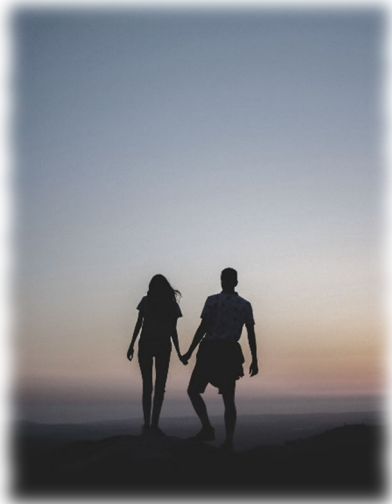
Is Your Date a Mate?

Nobody is without flaw, so the process of dating is not to find the perfect person, but to help you discern whether you can move forward and discern marriage together. Sit and pray with these questions, then journal or talk them through to process your response.

1. What are some examples of behaviors that would indicate immaturity?
2. How would you know that the relationship is bearing good fruits and helping you grow?
3. Do you know a couple whose marriage you would like to imitate? What qualities stand out in that couple's relationship?
4. What qualities or virtues in a person complement you and help you grow? What qualities challenge you? Why?
5. Name a few boundaries in your dating relationship that would help you feel respected and protect your discernment.

For individuals who are dating:

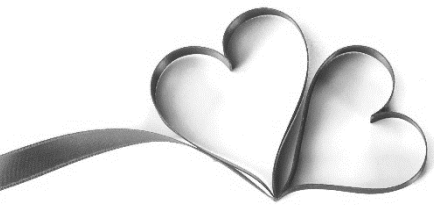
6. What do this person's other relationships look like?
7. Does this person acknowledge his or her flaws? How does he or she actively work on them?
8. What virtues most attract you in any person? Why? Are these virtues present in this person?
9. Is this person showing unconditional love or signs of use? What are markers that someone is using you or the relationship?
10. Are there any skills in the relationship that need work? (Aka communication, working through conflict, making decisions, etc.) What can you do to grow in these skills?



Check yourself: **Motive, Attraction, Trust, Elevate**

Use this acronym for reference when starting a relationship:

1. What is my **motive** for dating?
2. What **attracts** me about this person?
3. Is there **trust** based on knowledge of each-other?
4. Does this person **elevate** me?



Healthy Relationships

Romance, friendship, and commitment are a way of classifying the main dimensions of a relationship. Affection expresses these three dimensions. Mark where you are on each of the attachment scales below. If you find yourself farther from the middle of the scale, what is pulling your relationship off balance?

Note that the full flowering of these three qualities is found in marriage; however, the connection formed in dating should provide a healthy foundation for the marriage.

Romance

High emotional intensity

Healthy connection

Low emotional engagement



"This person is what I live for."

"We don't feel connected."

Friendship

No boundaries

Healthy connection

No common interests



"We do everything together."

"We resent each-other's interests."

Commitment

Over-committed

Healthy connection

Commitment averse



"We're planning our future at 2 months in."

"We can discuss marriage in a few years."

Affection

Sexualized behavior

Flows from the type of commitment

Cold and unresponsive



"Our feelings for each-other dictate our actions."

"I don't need to express my love."

"It is not your love that sustains the marriage, but from now on, the marriage that sustains your love."

