

10 Commandments of Dating

4th Commandment- Thou shalt take it slow

*fact-couples dating more than 2 years are far more satisfied w/marriage

*Take it SLOW, get to KNOW

-No one enters a marriage with the goal of divorce; still millions divorce.
They didn't take time to get to know the person they were going to marry.

I. 3 Reasons to Take it Slow

- A. You don't get to know someone in a SHORT period of time
 - have you ever tried to know someone, just to find out they were psycho?
 - 1. it's easy to fake a 3-6 month period (after 6, you start to see)
 - 2. don't risk the rest of your life on 3-6 months of romantic love
- B. It takes time to BOND (4 Stages all relationships go through)
 - 1. SCOUTING Stage- testing the waters
 - 2. INFATUATION Stage- madly in love; blind to their faults
 - 3. REALITY-BITES Stage- you see their faults
 - 4. FISH OR CUT BAIT Stage- decide to hold on or let go
- C. You don't get ATTACHED too quickly
 - 1. don't become a "love junkie"- drop or get dropped after "love"
 - 2. this protects you from giving your heart away too quickly

II. Proven- 6 Slow-Motion Dating Strategies

- A. Make a 2-YEAR Commitment
 - 1. You will know that person for what he or she is really like
 - 2. You will have confidence you are marrying the right person
- B. Make your 1st date short and casual
- C. Don't volunteer too much information up front
 - “Hi, I'm Judy, here is my most personal secrets & why I hate my father.”
- D. Delay PHYSICAL affection
 - 1. if you allow someone to have their way with you, you will never be respected
 - 2. “We crave those things we cannot attain, we disrespect those things we cannot escape.”- James Dobson
- E. Stay connected with FRIENDS
- F. Don't mention the “M” word...MARRIAGE
 - 1. once you throw out the “M” word, you can't reel it back in
 - 2. girls beware...guys use this to “get a girl hooked”

III. Benefits of Keeping This Commandment

- A. Avoid jumping into a marriage with someone you don't really know
- B. Experience more enjoyment in seeing your relationship develop