

A BIRD'S EYE VIEW OF DATING



Session Overview

This first session begins with a working definition of a “difficult partner”. The Relationship Attachment Model (RAM) is explained and used to describe healthy and unhealthy relationships.

The five key areas to explore in a dating relationship are introduced (FACES). These areas will help predict what this person will be like in a relationship and ultimately as a future spouse in marriage. Because these areas are covered in detail in sessions two and three, just a brief glimpse is given here.

Session Outline

- 1 *Difficult Partners Come in Both Genders*
- 2 *Warning Signs of Difficult Partners*
- 3 *Two Purposes of the PICK Program*
- 4 *How the RAM Explains Relationships*
- 5 *5 Key Areas to Grow to Know*

Difficult Partners Come in Both Genders

what's a jerk(ette)?

Does it matter WHO you choose to marry? Why?

What does it mean that *love is blind*? Why do you think that this *love is blind* phenomenon happens?

remember good-
hearted people are
the most at risk for
falling for a **JERK**

Warning Signs of Difficult Partners

what's a jerk(ette)?

What are some characteristics of a partner who is difficult to be with in a relationship?

What are two important points to remember in this session?

1 Jerks come in both _____

2 There is a difference between _____ like a Jerk(ette) and
_____ a Jerk(ette).

What are the three core differences between *acting* like a Jerk(ette) and *being* a Jerk(ette)?

1 _____

2 _____

3 _____



*it is easy to get
fooled when
you are feeling
in love*

what's a jerk(ette)?

Why is it important to see yourself from another's perspective?

What are some warning signs of someone who doesn't have this ability?

What are some emotions that you want to have healthy control over?

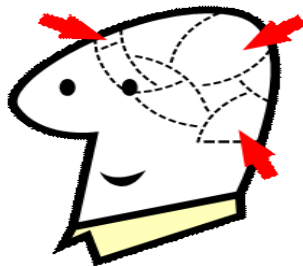
What are some skills that are important for a healthy relationship?



Two Purposes of The Program

2 purposes of the program

This program is organized around the HEAD and the HEART. Explain below the HEAD and the HEART purposes of the *How to Avoid Falling for a Jerk* program.



...love is BLIND

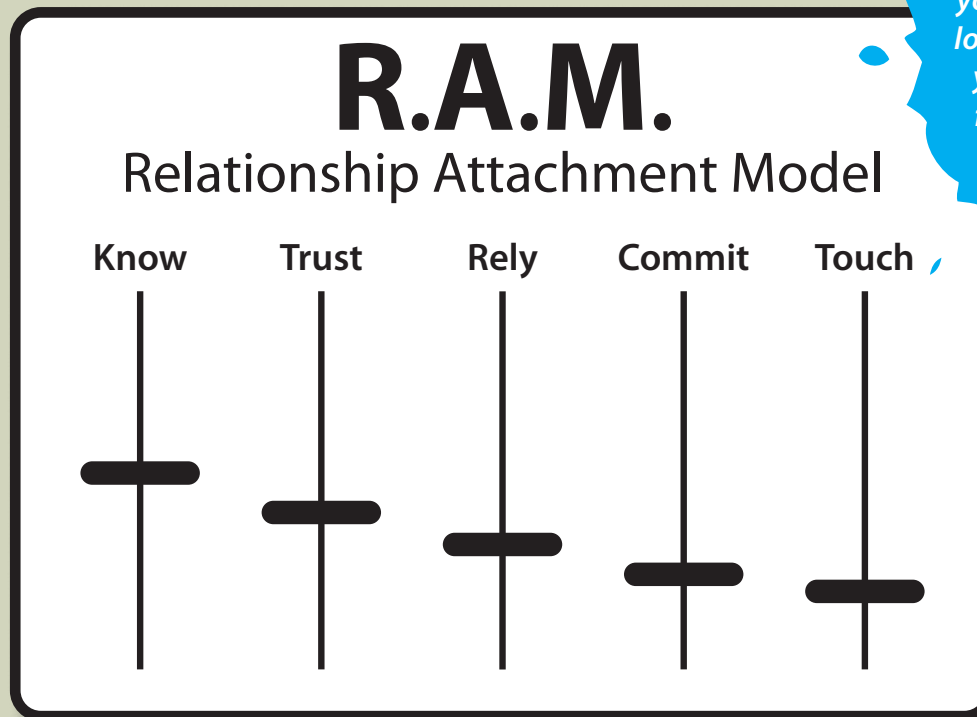
Scientists have now found evidence to support the old adage that *love is blind*. Through brain-imaging studies, researchers at the University College London found that “feelings of love lead to a suppression of activity in the areas of the brain controlling analytical thinking.” It seems that once we get close to a person, there is a reduction in the activity used in the brain. Romantic love *suppresses* neural activity associated with one’s ability to be a good judge of a partner. In addition, massive releases of oxytocin, dopamine and other hormones and neuropeptides in the brain create euphoric feelings that further cloud analytic judgments, masking those repeating offenses that should be obvious warning signals of problems to come.

Science Proves That Love is Blind. BBC News Report on article from NeuroImage. June 14, 2004.

How the RAM

Explains Relationships

the RAM exposes jerks, protects you from blinding love, and provides you with a map for pacing your relationship



The Relationship Attachment Model (RAM) is a picture of the bonding links that interact in a developing relationship. Please explain the five relationship links below:

Know _____

Trust _____

Rely _____

Commit _____

Touch _____

features of the RAM

There are 5 features of the RAM. Please list each of the features below.

1

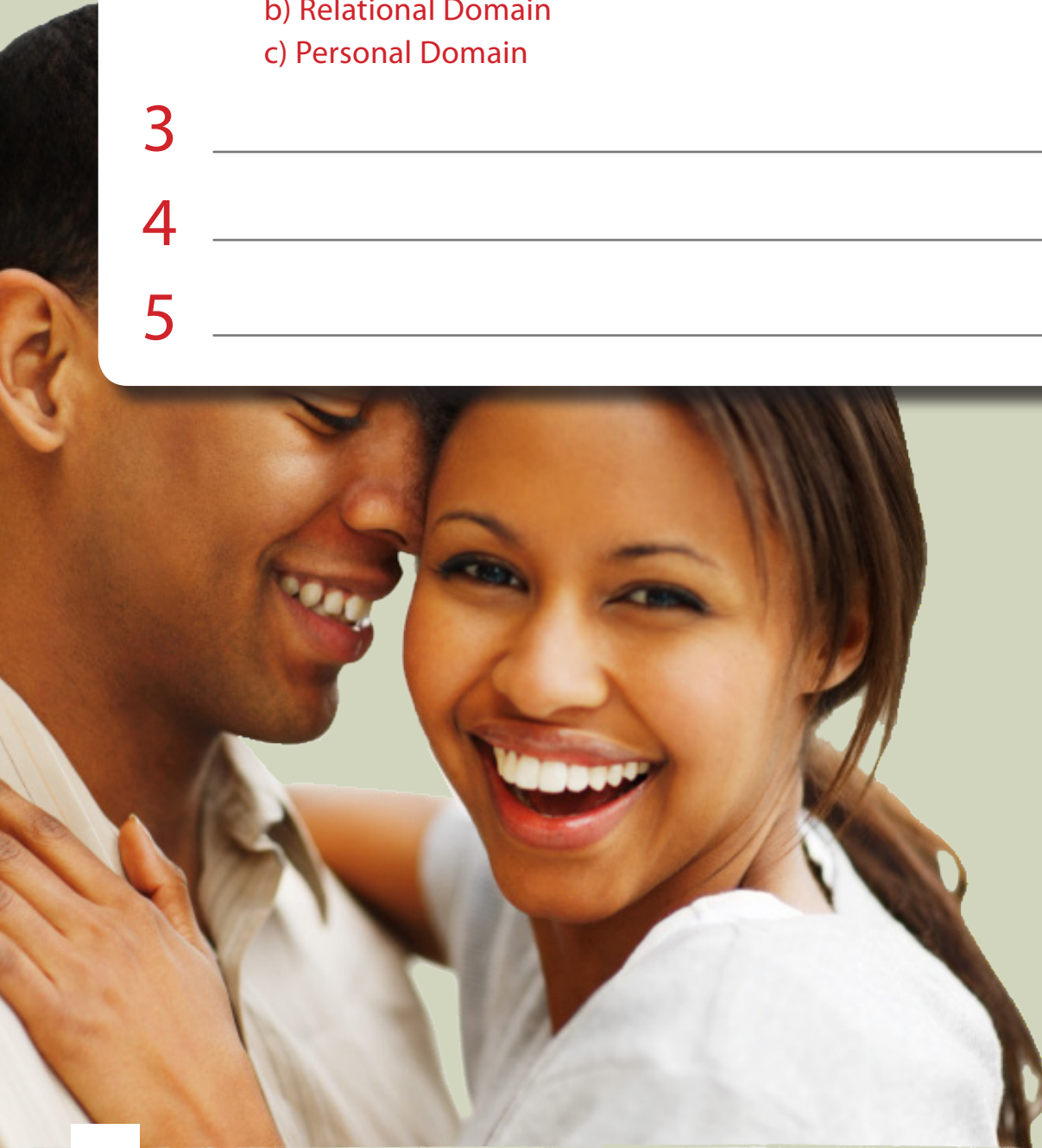
2

- a) Situational Domain
- b) Relational Domain
- c) Personal Domain

3

4

5



RAM review

How can a strong emotional bond be beneficial for marriage, but detrimental for dating?

How much time does it take to get to know someone well enough to marry them (remember: people who marry after dating less than two years have close to twice the divorce rate than those who date for two or more years)? Why does it take so long?



the most common way you become set up to get involved with a JERK is by accelerating the pace of your relationship

...the 90-day PROBATION PERIOD

Whether you are fifteen or fifty, growing to know someone intimately requires certain amounts of time. Some of you have been in a relationship where you shared everything imaginable, trusted this person with your life, felt completely in sync, and even talked about marriage only to have a rude awakening around the *third month*. This is the “magic number” —90 days. It is not until around three months that deep-seated patterns *start* to become evident. In a study conducted by researchers who have been studying dating relationships for over twenty years, it was found that about half of all dating attraction is significantly altered by some newly found characteristic within a three-month period; significant enough to cause a breakup of half of all relationships. Therefore, many initially hidden patterns seem to become evident within the first 90 days. By definition, a pattern is a behavior that repeats in a sequence of time. Without time, there is no such thing as a pattern. Therefore, if you are always living in the moment you are seriously disadvantaged when it comes to understanding what a dating partner is really like. The 90-day probation period states that “it takes three months for many subtle but serious patterns to *begin* to surface.”

Fletcher, G.J.O., Simpson, J.A., & Thomas, G. (2000). Ideals, perceptions and evaluations in early relationship development. *Journal of personality and social psychology*, 79, 933-940.



it is crucial to realize that your ability to form strong loving bonds can betray you if you do not intentionally pace a new relationship

the safe zone

What is the SAFE ZONE for relationships?

Describe what happens when your trust level greatly exceeds what you know about a person...or when your reliance or commitment greatly exceeds what you know about someone.

What are the risks of going farther in your touch than what you truly know about someone?

Imagine a relationship where one of the links on the RAM is much lower than the other links. What are some healthy and unhealthy reasons someone sets limits on how far to go in any of the five areas of the RAM?

5 KEY AREAS TO Grow to Know

get to know FACES

There are five areas to get to know in a developing relationship. We refer to what to get to know by using the acronym FACES. So, in a new relationship you are getting to know the different faces of your partner. Complete the acronym below with the important areas to get to know.

F _____

A _____

C _____

E _____

S _____



*remember: the bulk
of research on what
someone will be like*

*remember: the bulk
of research on what
someone will be like
in marriage boils
down to FIVE key
areas you need to get
to know*

RESOURCE 1-A

BEEN THERE...DONE THAT

Directions: Go around the classroom looking for classmates that have had these experiences. Have them sign by the particular experience. You must find a different person for each experience. You may only sign each person's paper once.

1. I have had a friend talk about me behind my back. _____
2. I have talked behind someone's back. _____
3. I have gone out with someone that cheated on me. _____
4. I know someone that has cheated on a boyfriend/girlfriend. _____
5. I like to talk about my feelings. _____
6. I don't like to talk about my feelings. _____
7. I have a best friend. _____
8. I can talk to my parents about anything. _____
9. I have been pressured into doing something that I didn't want to do. _____
10. I have pressured someone into doing something he/she didn't want to do. _____
11. I have lied. _____
12. I have kept a secret. _____
13. I have had a crush. _____
14. I like selfish people. _____
15. I don't like selfish people. _____
16. I have wanted to be someone's friend just because he/she was cool. _____
17. I like mean people. _____
18. I watch television. _____
19. I love celebrity gossip. _____
20. I want to be loved. _____
21. I want to date. _____
22. I like popular people. _____
23. I know a jerk or jerkette. _____

Answer Key

Session One



DIFFICULT PARTNERS COME IN BOTH GENDERS

1. Little insight
2. Poor emotional controls
3. Inadequate relationship skills

WARNING SIGNS OF DIFFICULT PARTNERS

TWO PURPOSES OF THE PICK PROGRAM

1. The HEAD: to learn about the five areas to get to know and explore in a dating relationship
2. The HEART: to learn about the five bonding dynamics in a relationship

FEATURES OF THE RAM

- Feature 1: the RAM portrays sources of love and closeness
- Feature 2: the RAM measures closeness in a relationship
- Feature 3: Knowledge= Talk+Togetherness+Time
- Feature 4: The RAM explains the logic of love
- Feature 5: Each level should not exceed the previous level

5 KEY AREAS TO GROW TO KNOW (A GLANCE AT FACES)

- Family Background
- Attitudes & Actions of the Conscience
- Compatibility Potential
- Examples of Other Relationship Patterns
- Skills for Building & Maintaining Relationships