

Dating Plan

Characteristic I choose in a date:

- List what I think I need to stay safe.
- Define what I mean by available.
- Define what being sexual is to me.
- List What I want in a partner.
- What was I originally attracted to.
- What totally turned me off.

Guidelines:

- First ____ Dates s/he does not come to my house.
- Minimum notice of at least ____ days in advance for a date.
- No French kissing on the first ____ dates.
- No long lasting French kissing on the first ____ dates.
- Date has a start and stop time.
- No phone calls longer than ____ minutes in length.
- No more then ____ phone calls a week.
- No phone calls/chats that interfere with _____
- No breaking prior commitments to accept a date.
- No light petting for ____ months.
- No heavy petting for ____ months
- No revealing past history until the ____ date.
- No more then ____ dates a week for the first ____ weeks.
- Meeting for coffee at a restaurant is not a date.
- NEVER sex the first ____ days.
- Never sex without:
 1. AIDS test
 2. Commitment of exclusion
 3. Discussion about STD
 4. Pregnancy protection

BOTTOM LINE BEHAVIORS

Definition:

1. Activities that I either must do or be sure to avoid, in order to stop or stay out of my addictive pattern.
2. Nonnegotiable boundaries I set for my own behaviors to achieve and maintain

my serenity.

ADDICTIVE CYCLE OR PATTERN:

Repeated behaviors that recur in the relationship to the next that create disharmony, keep me trapped, stuck, unhappy or unhealthy. Usually there are hints or 'red flags' that I am in an addictive pattern.

Examples:

1. Thinking that every boy/girl I date has the same defects
2. Thinking that every date is a potential spouse
3. Rushing relationships to keep them exciting
4. Acting outside of my values to keep a relationship going
5. Needing to be in a relationship all the time, rainchecking, setting up a new relationship without closure on the one I am currently in, etc.

DISCOVERING YOUR ADDICTIVE CYCLE

How do you usually begin a new relationship? Make a list of your past several relationships, and how you got involved.

1. What are the signs things are not going well?
2. What red flags do you tend to ignore or try to rationalize?
3. What makes you stay in an unhappy relationship?
4. What were the perks and payoffs in previous relationships?
5. What were the perks and payoffs in previous relationships?
6. How have you last several relationships ended?