

SESSION ONE

A BIRD'S EYE VIEW OF DATING

Session Overview

This first session begins with a working definition of a “jerk(ette)” and a rationale for the necessity of *romantic-partner selection* education. The Relationship Attachment Model (R.A.M.) is explained and used to describe healthy and unhealthy relationships.

The five key areas to explore in a dating relationship are introduced (F.A.C.E.S.). These areas will help predict what this person will be like 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 one is an overview of the entire P.I.C.K.[™] Program, so no specific areas are marked by an asterisk.

Session Outline

1. The P.I.C.K. a Partner Program
2. Analysis of a Jerk(ette)
3. Why Do You Need To Be Taught How To Pick A Partner?
4. Two Purposes of the P.I.C.K. Program
5. Five Features of the R.A.M
6. A Glance at F.A.C.E.S

Purpose of the P.I.C.K. Program

1. THE HEAD: To Learn About the Five Areas to Explore

*F*amily background and childhood experiences

*A*ttitudes and actions of the conscience

*C*ompatibility potential

*E*xamples of other relationships

*S*kills for building and maintaining relationships

2. THE HEART: To Learn About the Five Areas of the R.A.M.[™]

Know

Trust

Rely

Commit

Touch

5. _____

Feature #1: _____

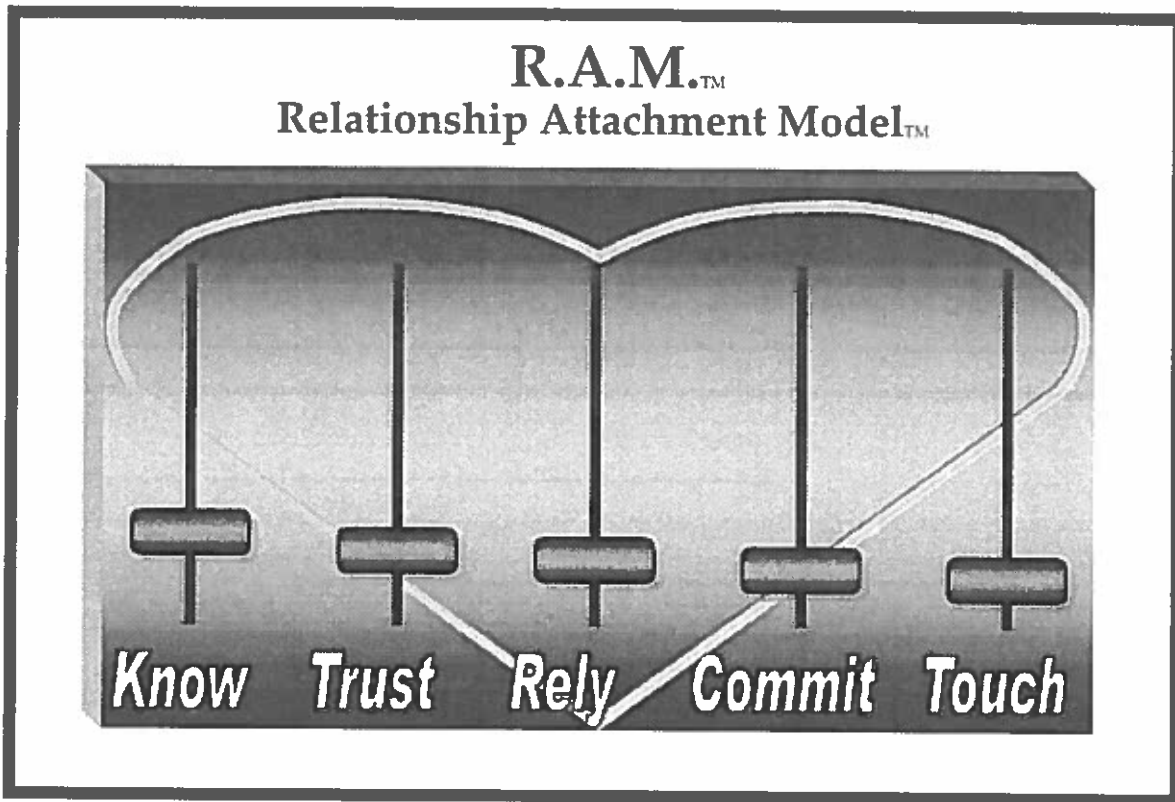
Getting to *Know* Someone

Developing a *Trust* in Someone

Testing Out the Ways to *Rely* on Someone

Forming a *Commitment* to Someone

Expressing *Sexual Touch* with Someone



Feature #2: _____

a) _____

b) _____

c) _____

SESSION TWO

YOU CAN'T MARRY JETHRO WITHOUT GETTIN' THE CLAMPETTS

Session Overview

This session examines the first two areas to explore in a dating relationship. The dynamics of childhood and family of origin experiences greatly shapes the roles you fulfill in marriage. Your expectations of and feelings toward your spouse are also affected by this area.

In addition, the conscience is formed by the internalization of many of these same developmental experiences. Much of how a person acts in marriage is related to the maturity and functioning of his/her conscience. This session explains what the conscience is and practical examples of how to measure it.

In the context of the Relationship Attachment Model (R.A.M.), these areas are essential in the first bonding dynamic-what you need to *explore* about the person to whom you are getting to know

Session Outline

1. The Delusion of Disassociative Development
2. The Necessary Ingredients for Effective Personal Change
3. Exploring the Family Background
4. Exploring the Attitudes & Actions of the Conscience

Purpose of the P.I.C.K. Program

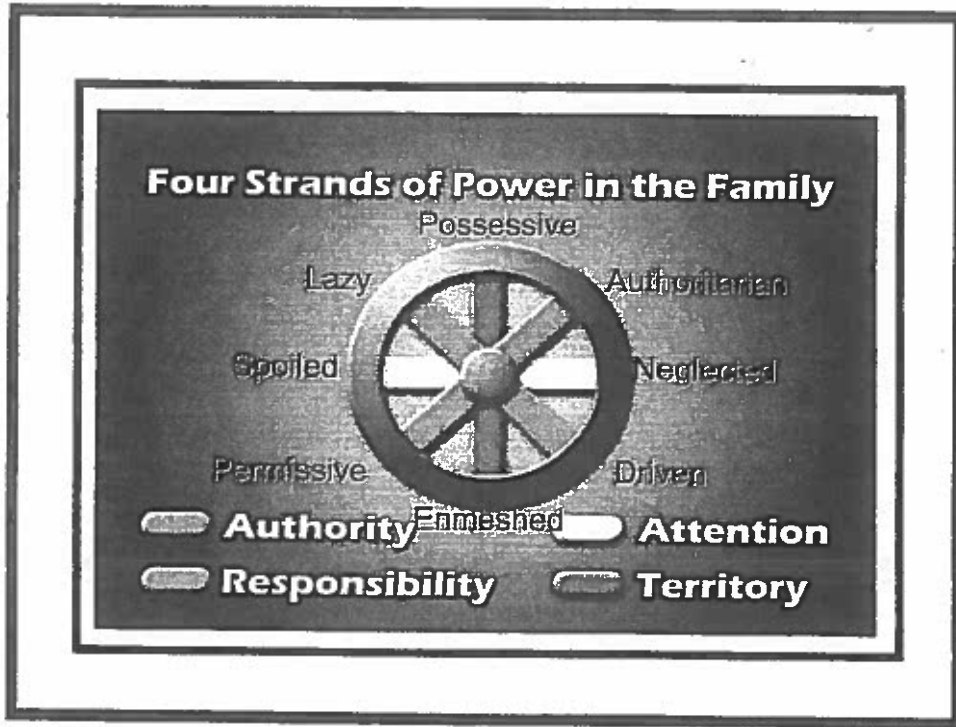
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2. THE HEART: To Learn About the Five Areas of the R.A.M.[™]

- * Know
- Trust
- Rely
- Commit
- Touch

Patterns of Power Distribution in the Family and Their Corresponding Attitudes



FOUR SOURCES OF POWER IN A FAMILY		
<u>DOMAIN</u>	<u>TOO MUCH</u>	<u>TOO LITTLE</u>
<i>Authority</i>	Authoritarian	Permissive
<i>Territory</i>	Possessive	Enmeshed
<i>Attention</i>	Spoiled	Neglected
<i>Responsibility</i>	Driven	Lazy

Resource 2-A

FAMILY RELATIONSHIPS

Read through the following statements and rate each one on a 1-5 scale. Circle the items you would like to change in the marriage and family you someday establish. Items are written in the present tense. However, if you do not live with your family or within your childhood family setting, please answer them according to how your family/home setting experiences were in the past.

- 1-Never
- 2-Rarely
- 3-Sometimes
- 4-Often
- 5-Always

RATING

ITEMS

My parents/adults in the home:

_____ are able to talk openly about their feelings to each other, good or bad.

_____ seem to have lots of topics and feelings they cannot talk about to each other.

In my family/home setting:

_____ people generally tell each other what's going on in their life.
_____ we hardly ever share with each other what's going on in our lives.

When there's a problem:

_____ people get mad, explode, but never really sit down and solve it
_____ people tend to avoid talking about it.

_____ we actually sit down, talk about it and try to solve it.

In my family/home setting:

_____ everyone goes their own way. We hardly ever eat together.
_____ There's not much structure.

_____ there is a balance between time together as a family and time alone. We eat together and have many family rituals.

Regarding discipline and accountability:

_____ there are clear rules and expectations. Consequences, for the most part seem fair, but not always.

_____ It doesn't exist. We all do what we want or what we can get away with.

Resource 2-A (continued)

Our family/home setting:

_____ has a system of moral or spiritual beliefs that we share.
_____ has no set of convictions one way or another.

Trust and honesty:

_____ is important in my family/home setting.
_____ is not big deal in my family/home setting.

People in my family/home setting:

_____ make sacrifices for each other.
_____ pretty much operate on their own behalf.

In my family/home setting:

_____ we can communicate openly and respectfully for the most part.
_____ the communication is terrible—lots of nasty put-downs, negative interpretations and yelling and fighting all the time.

The parents/adults in my family/home setting:

_____ model healthy ways to deal with stress and problems.
_____ do not deal well at all with stress or problems. (use substances like alcohol to cope/escape, physical or verbal abuse, avoidance, etc.)

The parents/adults in my family/ home setting:

_____ act how I would like to when I am someday married.
_____ are very different than what I want to be when I am married.

The parents/adults in my family:

_____ are openly expressive of love and affection (hugs, kisses).
_____ are not expressive of love and affection.

As a family:

_____ there are enjoyable things we do together.
_____ we hardly do anything together.

I feel:

_____ connected and cared for by my parents.
_____ feel distant and disconnected from my parents.

Resource 2-B

CONSCIENCE CHECK-UP

UNHEALTHY CONSCIENCE

HEALTHY CONSCIENCE

Ego-centric; always is thinking about how something affects him/her.



Thinks about the other person's feelings, not just one's own.

Never acts on behalf of another without being prompted.



Initiates things that meet your needs, not just his or her own needs.

Wants others to do what he/she won't do.



Wants a balance between what you give and what he/she gives.

Thoughtless when emotional.



Tries to think before speaking, especially when upset.

Focuses more on the immediate situation than the big picture.



Thinks about the context and ramifications of his/her actions.

Never apologizes.



Apologizes when wrong.

Always defensive when you have a concern or a complaint.



Tries to be open to your criticisms or suggestions.

Puts more emphasis on what he/she can get than give.



Enjoys giving as well as receiving.

Tends to be unconcerned with actions when there is no threat of being caught.



Works to be consistent in how he/she acts whether anyone is watching, or there is any threat of consequence.





Resource 3-A

WHO AM I?

Check the boxes and fill in the blanks:

Personality Characteristics

- | | |
|---|--|
| <input type="checkbox"/> outgoing | <input type="checkbox"/> quiet & reserved |
| <input type="checkbox"/> friendly | <input type="checkbox"/> good listener |
| <input type="checkbox"/> interested in others | <input type="checkbox"/> independent |
| <input type="checkbox"/> cares about others | <input type="checkbox"/> optimistic |
| <input type="checkbox"/> on time, organized | <input type="checkbox"/> spontaneous |
| <input type="checkbox"/> flexible | <input type="checkbox"/> tend to be a follower |
| <input type="checkbox"/> tend to be a leader | <input type="checkbox"/> easy going |
| <input type="checkbox"/> sensitive/cautious | <input type="checkbox"/> pessimistic |
| <input type="checkbox"/> dependable | |

My best qualities:

Need to work on:

Interests

- | | | |
|---|--|----------------------------------|
| <input type="checkbox"/> sports/physical activities | <input type="checkbox"/> trying new things | <input type="checkbox"/> artwork |
| <input type="checkbox"/> listening to music | <input type="checkbox"/> reading | <input type="checkbox"/> club |
| <input type="checkbox"/> being with friends | <input type="checkbox"/> helping people | <input type="checkbox"/> nothing |
| <input type="checkbox"/> watching movies | <input type="checkbox"/> making music | <input type="checkbox"/> a hobby |
| <input type="checkbox"/> volunteering | <input type="checkbox"/> dancing | <input type="checkbox"/> drama |

Skills or Talents

- | | | |
|---|--|-------------------------------------|
| <input type="checkbox"/> athletics/outdoor activities | <input type="checkbox"/> making things | <input type="checkbox"/> artistic |
| <input type="checkbox"/> writing | <input type="checkbox"/> academics | <input type="checkbox"/> leadership |
| <input type="checkbox"/> getting along with others | <input type="checkbox"/> acting | <input type="checkbox"/> musical |

Values and Beliefs

- I have a code of ethics I live by
- Practicing my religion is important to me
- I have personal boundaries when it comes to sex
- I have rules for myself on drugs and alcohol
- I am still defining my spiritual beliefs
- Acceptance of others is important to me

Personal Goals

- | | | |
|---|---|--|
| <input type="checkbox"/> finish high school | <input type="checkbox"/> be physically fit | <input type="checkbox"/> have a family |
| <input type="checkbox"/> go to college | <input type="checkbox"/> make a good income | <input type="checkbox"/> travel |
| <input type="checkbox"/> interesting job | <input type="checkbox"/> get married | <input type="checkbox"/> stay single |

Other Goals

Resource 3-B

ATTRACTIONS

Below are some qualities that may interest you when you meet someone new. What's important to you? What are you looking for in someone? Number your top 10 attractions in order of their importance to you in the boxes below:

- | | | |
|--|--|--|
| <input type="checkbox"/> unique | <input type="checkbox"/> independent | <input type="checkbox"/> ethical |
| <input type="checkbox"/> good looking | <input type="checkbox"/> sensitive | <input type="checkbox"/> adventurous |
| <input type="checkbox"/> has skills and talents | <input type="checkbox"/> ambitious/go getter | <input type="checkbox"/> positive attitude |
| <input type="checkbox"/> athletic | <input type="checkbox"/> genuine | <input type="checkbox"/> has good family |
| <input type="checkbox"/> intelligent | <input type="checkbox"/> drug free | <input type="checkbox"/> genuine |
| <input type="checkbox"/> unique | <input type="checkbox"/> sense of humor | <input type="checkbox"/> talkative |
| <input type="checkbox"/> good listener | <input type="checkbox"/> popular | <input type="checkbox"/> honest |
| <input type="checkbox"/> clean and neat | <input type="checkbox"/> friendly | <input type="checkbox"/> studious |
| <input type="checkbox"/> rich | <input type="checkbox"/> outgoing | <input type="checkbox"/> affectionate |
| <input type="checkbox"/> artistic | <input type="checkbox"/> polite | <input type="checkbox"/> on time |
| <input type="checkbox"/> logical | <input type="checkbox"/> same culture | <input type="checkbox"/> ethical |
| <input type="checkbox"/> romantic | <input type="checkbox"/> carefree | <input type="checkbox"/> fun |
| <input type="checkbox"/> high energy | <input type="checkbox"/> religious/spiritual | <input type="checkbox"/> trustworthy |
| <input type="checkbox"/> confident/good self-esteem | | <input type="checkbox"/> caring |
| <input type="checkbox"/> compassionate towards others | | <input type="checkbox"/> organized |
| <input type="checkbox"/> respects my sexual boundaries | | <input type="checkbox"/> trustworthy |
| <input type="checkbox"/> hard worker | | <input type="checkbox"/> has style |
| <input type="checkbox"/> reserved/quiet/thoughtful | | <input type="checkbox"/> bad streak |
| <input type="checkbox"/> creative/imaginative | | <input type="checkbox"/> emotional |

Resource 3-C

RELATIONSHIP HEALTH INVENTORY

Chose someone with whom you have a significant relationship. It could be a good friend, a family member, a boyfriend, or girlfriend. Answer each question in terms of your relationship with this person.

Who: _____

Circle the number to rate how often you and this person experience the following:

- 1-Never
- 2-Rarely
- 3-Sometimes
- 4-Often
- 5-Always

- 1 2 3 4 5 I feel misunderstood in this relationship.
- 1 2 3 4 5 I think about what it would be like to end this relationship.
- 1 2 3 4 5 I feel belittled or put down for my feelings and/or opinions.
- 1 2 3 4 5 I hesitate to tell this person what I really think and feel.
- 1 2 3 4 5 It seems my words or actions are looked at more negatively than I mean them to be.
- 1 2 3 4 5 Conflicts escalate into emotional fights.
- 1 2 3 4 5 Conflicts are avoided because one or both do not want to talk about it or leaves the discussion.
- 1 2 3 4 5 I don't feel listened to or supported when I try to open up and talk.
- 1 2 3 4 5 I don't feel any positive strokes when I talk to or are with this person.

Who tends to withdraw more when there is an argument?

- The other person
- Me
- Neither
- Both

Resource 3-C (continued)

Where Are You In Your Relationship?

Now add up your score from the previous page and then check below to see how your relationship measures up.

SCORE: 9– 18

GOOD NEWS: Your relationship is in great shape.

BAD NEWS: Your relationship may change— especially if it is less than a year old. Watch closely over the next several months to see if the good relationship skills that are now being used are a sign of great things to come, or just temporary.

SCORE: 19– 36

GOOD NEWS: Your relationship is sometimes handling conflicts in positive ways.

BAD NEWS: Your relationship is in danger because of the frequent negative ways that conflicts are handled and not resolved. The score on the last two questions about listening and support, and positive strokes indicate the degree of positive interaction in the relationship regardless of the conflicts. If the scores on these two items are low, then there is more hope and resiliency in the relationship. However, if the scores are high, then the damaging effects of the conflicts are greater. Action and change is needed to improve the relationship, especially if it is less than 2 years old.

SCORE: 37– 45

GOOD NEWS: You are recognizing the problems in your relationship.

BAD NEWS: Your relationship is severely damaging, especially with handling conflicts. If it is a new relationship then it probably will only get worse. If it used to be much better, then you need to figure out what changed and why. It is also true in this section that the way you answered the last two items indicates the hope and resiliency in the relationship. However, your overall high score indicates the presence of patterns that could put your relationship at significant risk. You may be heading for TROUBLE—or are already there. Take the proper action to address these patterns and/or alter the relationship so that changes can be made.

Resource 4-A

TESTS OF TRUST

When you "fall in love" with someone there's a period where both people put their best foot forward. We initially tend to minimize, or not even see, the negatives in a person we're attracted to. Paying attention to previous friendship and relationship patterns is smart because how we act in the past says a lot about how we will act in the future. Beware of thinking: "He or she is different with me."

- YES NO Does this person keep their promises?
- YES NO Can this person keep secrets?
- YES NO Does this person stand up for people when they deserve it.
- YES NO Can this person admit they are wrong and apologize?
- YES NO Is this person generally kind to others?
- YES NO Does this person show empathy towards others?
- YES NO Is this person genuine?
- YES NO Is this person a good listener?
- YES NO Does this person show they are aware of how their actions affect others?
- YES NO Does this person take responsibility for their own actions?
- YES NO Can this person control their anger?
- YES NO Does this person display honesty?
-
- YES NO Does this person continually put people down ?
- YES NO Does this person make unfair judgments or spread rumors about others?
- YES NO Does this person use or take advantage of others?
- YES NO Does this person put up a pretend or phony front?
- YES NO Does this person act helpless and look for others to take care of them?
- YES NO Does this person blame others?
- YES NO Does this person runaway from problems?
- YES NO Does this person engage in regular drug or alcohol use?

Item Key

If you answered more no's on the top half and more yes's on the bottom half, beware! This person has many problem behaviors that make will make it difficult for him or her to have successful and healthy relationships. If you answered more yes's on the top half and more no's on the bottom half, this person possesses positive relationship qualities.

ANSWER KEY

1. Interaction Between "Trust" and "Reliance"
2. Three Causes of Unhealthy Relationships
 - A. Idealization: Unhealthy Emotional Neediness
 - B. Identification: Unbalanced Emotional Management
 - C. Incarnation: Unresolved Emotional Relationships
3. Eight Characteristics of a Trustworthy Partner
 - "M"aturity
 - "A"deptable
 - "R"elationship skills
 - "R"esponsible
 - "I"nner confidence
 - "A"nger management
 - "G"racious
 - "E"motionally stable
4. Three Principles for Pacing Reliance
 - "I" Principle of Investment
 - "R" Principle of Reciprocity
 - "A" Principle of Accumulation

99 QUESTIONS TO ANSWER IN THE PREMARITAL PROCESS

Family Background

- 1 Who were you close to in your family?
- 2 How did you know that you were loved by your mother? your father?
- 3 How was affection shown?
- 4 What was the mood or atmosphere in the home?
- 5 What made you feel special in the family?
- 6 How were conflicts handled by your parents?
- 7 Were your parents divorced?
- 8 If so, what was your age? Describe the divorce and the adjustment afterwards.
- 9 How did your mother and father handle their anger?
- 10 What was your mother like as a wife? Your father as a husband?
- 11 Who handled the discipline?
- 12 Describe the relationship between you and your sibling(s).
- 13 How were the finances handled in the family?
- 14 Were there any addictions in the family?
- 15 What was done for fun? for vacations?
- 16 What responsibilities did you have in the family?
- 17 How were things shared among family members?
- 18 What did you do when you were angry? at mother? at father? at sibling(s)?
- 19 Who was the spiritual leader in the home?
- 20 Did you attend a place of worship? How often?
- 21 Did you pray with any family members?

Conscience

- 22 How consistent are your attitudes and behaviors with what you say you believe?
- 23 What do you feel strongly about? rights and wrongs?
- 24 How do you handle it when you are wrong?
- 25 How defensive are you?
- 26 What are the common defenses you use?
- 27 What makes you feel guilty at times?
- 28 Do you tend to repeat the behaviors, attitudes and reactions that you previously felt guilty about?
- 29 What do you do when you feel guilty?
- 30 Do you understand my perspective?
- 31 Do you validate my perspective when I explain myself to you?
- 32 Can you understand and even anticipate how I feel sometimes?

- 33 How do you respond to my explanation of my view and my feelings?
- 34 Who do you feel accountable to?
- 35 How do you react to authority figures?
- 36 How controlling are you?
- 37 What special things do you do for me?
- 38 How much attention do you give to my spoken needs? requests? unspoken ones?
- 39 What are your moods like? How stable or unstable are they?

Compatibility Potential

- 40 How does your personality compare to mine?
- 41 What are the strengths and weaknesses of your personality?
- 42 How does your intelligence level compare with mine?
- 43 How do you handle your emotions?
- 44 What things upset you?
- 45 How open are you about personal issues?
- 46 How do you express affection and love?
- 47 Are you a Type A or Type B personality?
- 48 What is your energy level like compared to mine?
- 49 How does your sense of humor fit in with mine?
- 50 What is your spiritual faith and maturity like?
- 51 Do we share similar spiritual outlooks on life?
- 52 What kind of parent would you like to be?
- 53 How good at nurturing are you?
- 54 How do you handle your money?
- 55 How do you take care of your possessions?
- 56 How neat or messy are you?
- 57 What is your sex drive like?
- 58 How comfortable are you with your body and nudity?
- 59 Do you initiate activities, recreation and closeness?

Relationship Skills

- 60 How much do you like to talk?
- 61 Are your feelings congruent with your words?
- 62 How much insight into your own thoughts and motives do you have?
- 63 Are you able to put my perspective/feelings into words accurately?
- 64 Are you able to put your own feelings into words?
- 65 How open are you to get help for our relationship from someone outside of the relationship?
- 66 Do you respect my perspective
- 67 How do you show me respect?

- 68 Do you listen to me? how do you listen to me?
- 69 When I tell you my ideas, do I feel validated by you?
- 70 How do you show me you trust me?
- 71 How much do you self-disclose about your day/life?
- 72 How detail-oriented are you?
- 73 How argumentative or defensive are you?
- 74 Can you put your love into words?
- 75 Do you withdraw very often? when?
- 76 Do you attack or blame very often?
- 77 Are you passive aggressive?
- 78 What are your weakest skills?
- 79 How often do you say your sorry?
- 80 Are you good at reconciling and making up?
- 81 Do you initiate conversations? apologies? affection?

Past Relationship Patterns

- 82 What were you like in previous relationships?
- 83 What did your previous partners like about you?
- 84 What did they dislike?
- 85 What were the patterns of your previous relationships?
- 86 What did you do well?
- 87 What do you wish you had done differently?
- 88 How do you describe your previous partners?
- 89 What did you dislike about them?
- 90 How did you fight with previous partners?
- 91 How long were your relationships?
- 92 How did your relationship(s) break up?
- 93 Why did they break up?
- 94 What is your relationship now with the previous partner(s)?
- 95 What did you like to do in the previous relationship(s)?
- 96 How were arguments resolved?
- 97 What did you argue about?
- 98 How well did you know your previous partner's family? friends?
- 99 What did you try to fix in the previous relationship(s)? how?