The Dibble Institute

Carol A. Jackson
Outreach Educator
Relationships (or Marriage)
Today is like.......
Relationships Today are like...

Men = Pain

Terror Your Not Safe

promises

HURT
One sunny day

3 months later
Relationships today are like....

here today gone tomorrow.
What's Your Vision?
Let Your Vision be Your North Star
What Makes a Great Relationship?
Relationship Pyramid

Positive Starters

Deepening and Developing Relationship

Mature Love
Inverted Relationship Pyramid

- **No Foundation**
- **No Positive Starters**
- **No Development**
- **Not Really Mature**

- **SEX**
- **Meant Something Only to One Person**
- **Communication Not Great**
- **Few Common Interests; Time Together Not Much Fun**
- **Doesn’t Feel Like a Friend**
- **YOU HAVE NO COMMITMENT, NO TRUST!**
Attracted to Someone...
Falling in Love...
How Do You Feel?
Problem Behaviors

- Lies
- Controls people
- Uses people
- Takes advantage
- Sees self as victim
- Very negative
- Big mood swings
- Always blames others

- Changes just to please others.
- Gets angry a lot
- Abuses substances
- Cheats, untrustworthy
- Not committed to school or work
- Criminal involvement
- Not responsible
The Brain Chemistry of Love

Tip: Enjoy the great feelings....but remember you won’t see clearly until those chemicals settle down a bit. Make the focus be on getting to know the person, having fun. Go slow—go smart!

©Marline E. Pearson. All Rights Reserved.
7 Principles of Smart Relationships/Smart Love

1. Seek a good match.
2. Pay attention to values.
3. Don’t assume you can do a “make-over” on someone.
4. Don’t change yourself just to get someone’s love.
5. Expect good communication.
6. Don’t play games, pressure, or use someone.
7. Expect Respect. Have standards
Chemistry

Friendship

Mature Love

Trust/Commitment
How Healthy Is This Relationship?

Conditional
- Controlling
- Mostly Physical/Selfish

Does it feel

Unconditional
- Equal & Supportive
- Attraction on many levels/Generous?
Is It CONDITIONAL?
This sculpture represents a fragile egg trying to stay balanced and avoid holes so it won’t crash and break. Each color of the web represents a different condition for love to continue.
Is it CONTROLLING?
The figures/sculptures are representative of one person controlling the other. Notice the size, in relationship to the other person. The Bigger one carries a “control stick” which represents possible, and even likely, abuse in the future.
Is It EQUAL & SUPPORTIVE?
This sculpture represents a relationship that is separate but equal. They are holding hands for support. The stance shows they are able to branch out for personal growth and exploration, yet remain close and help each other.
Warning Sign!

Dangerous Love
Draw the Line of Respect!

Disrespect  Murder!
Poor Match, or worse, a Loser?

Why do people get attached to a 45th anniversary party?
Because they get involved before really knowing the person
They're Sliding . . .
not Deciding
Contrasting Approaches to Relationships--Sliding or Deciding

Attraction → Learn More → **Decide**

Attraction → **Slide** → Then Learn → Risks...
Risks & Consequences

• Getting deeply involved with a poor match—values, interests, goals too different. Not a happy relationship, and, a lot more complicated than you thought.

• Can’t communicate

• Lied to, cheated on, feeling used

• Put down, controlled, abusive treatment

• Discover your partner has serious problem behaviors

• Drug/alcohol abuser

• Contracting an STD

• Getting pregnant or getting someone pregnant

• Partner not committed

• Child is hurt by a new partner

• Second child with a red marble
# High-Risk Sliding Approach

<table>
<thead>
<tr>
<th>Attraction</th>
<th>Slide</th>
<th>Then, Learn More about Each Other</th>
<th>High-Cost Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exciting</td>
<td>Rapid romantic or sexual involvement</td>
<td>Find you are not compatible; you have different values and interests</td>
<td>More complicated than you thought-not the kind of relationship you want</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Discover problem behaviors</td>
<td>Cheated on, lied to, feeling used or betrayed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Poor communication</td>
<td>Controlled, abused STD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pregnancy, 2nd pregnancy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Child is hurt</td>
</tr>
</tbody>
</table>
## Low-Risk Deciding Approach

<table>
<thead>
<tr>
<th>Attraction</th>
<th>Learn More about Each Other</th>
<th>Decide…</th>
<th>Set…</th>
<th>Discuss…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoy it but keep it light</td>
<td>Do you have fun together? Like their personality?</td>
<td>Do I want a romantic relationship?</td>
<td>Discuss your sexual values</td>
<td>Discuss your goals and dreams</td>
</tr>
<tr>
<td></td>
<td>Are values and interests compatible?</td>
<td>Are you on the same page about what that means?</td>
<td>Establish your boundaries, and pace of involvement</td>
<td>Discuss your future plans.</td>
</tr>
<tr>
<td></td>
<td>Can you talk with each other?</td>
<td></td>
<td>Agree to a plan to prevent pregnancy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Detect any serious problem behaviors?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How to “Really” Get to Know Someone – 3 T’s

• Time
• Talk
• Togetherness

To learn about each others interests, values, goals, families, character and past relationships.
Keeping Love & Friendship Alive

• Maintain your friendship
• Take time to connect—stay in touch with each other
• Make plans for fun, keep having dates
• Give daily appreciations
• Be committed

• Be physically affectionate
• Remind yourself frequently of your partner’s qualities
• Engage in healthy giving to each other
• Be faithful
Time-out take you backup to your Smart Brain!