

## Quick Tips: What Are the Signs of a Healthy Dating Relationship?

The 10 signs I am going to list are a compilation of all I have heard from the hundreds of people with whom I have worked on marriage and family issues through the years.

They are basic, and if one of them is not true of the relationship you are analyzing, I suggest that you be very careful about proceeding with that relationship. If two or more of them are not true, I hope you will be deeply concerned and that you will pursue all the assistance you need before making any final decision.



1. You are each other's best friend, and you genuinely like being with each other. A recent survey of over 300 successful, long-term marriages indicates that for both men and women this matter of friendship is considered to be the most important ingredient of all.
2. Communication is easy, natural and free. You feel that you can tell each other anything without fear of judgment or put down.
3. You have numerous spiritual values and ideals in common. You have both demonstrated the depth of your commitment to Christ and to other men and women.
4. You both think of marriage as a lifetime commitment.
5. When you experience differences between each other, you are able to work them out. You seem to know how to resolve conflict.
6. You love to laugh together.
7. You feel thoroughly known by your partner and deeply cared for.
8. Your family and friends seem genuinely supportive of the two of you as a couple.
9. You feel romantic about each other much of the time, but you feel comfortable and content with each other almost all the time.
10. You have a relationship that feels sane and safe and stable. You sense that there is a solid fit between both of you at many levels.

### Communication skills are inadequately developed.

- Can you tell your partner what you're really feeling without fear of judgment and putdown?
- Can you share negative feelings with each other?
- Does your partner carefully listen to you?

- Does your partner seem to understand how you feel?

If you can't answer "yes" to all four of these, you have a communication problem that could cause all kinds of trouble.

*Article from [adventistprayers.org](http://adventistprayers.org), where you can find more interesting and useful articles*