




# **DTR: Defining The Relationship**

## *Dating Preparation Worksheet for Parents, Young Adults & Teens*

 *Before jumping into a dating relationship, use this worksheet to set goals and gain clarity on your purpose. Here's how it works:*

- 1) Fill this out honestly and with the help of the Holy Spirit (not with the "right" religious answers you think Christians want to hear) and read it over with your parents
- 2) Make changes and rewrites, then meet with the person you'd like to date and go through it
- 3) Then meet with your Support Team members and go through it

*\* If you do not feel like you can do these steps, please consider that you may not be mature enough to start dating 😊*

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### **THE RELATIONSHIP**

1. THE BIG CHECKBOXES: List the top eight characteristics a mature, Jesus-centered person should have that shows they are ready for an exclusive dating relationship:

#1. _____	<input type="checkbox"/>	<input type="checkbox"/>
	Me	Them
#2. _____	<input type="checkbox"/>	<input type="checkbox"/>
	Me	Them
#3. _____	<input type="checkbox"/>	<input type="checkbox"/>
	Me	Them
#4. _____	<input type="checkbox"/>	<input type="checkbox"/>
	Me	Them

#5. _____	<input type="checkbox"/> Me	<input type="checkbox"/> Them
#6. _____	<input type="checkbox"/> Me	<input type="checkbox"/> Them
#7. _____	<input type="checkbox"/> Me	<input type="checkbox"/> Them
#8. _____	<input type="checkbox"/> Me	<input type="checkbox"/> Them

2. What are the top three reasons you'd like to enter into an exclusive dating relationship in your life right now?

#1. \_\_\_\_\_

#2. \_\_\_\_\_

#3. \_\_\_\_\_

3. Statistically, the odds are that a teen/early young adult relationship will *not* lead to marriage. When it does end, how will **you** know it was a success?

\_\_\_\_\_

\_\_\_\_\_

4. How do you think the person you'd like to date would define success in your relationship? \_\_\_\_\_

\_\_\_\_\_

5. Name three things that will show you that the relationship should end:

#1. \_\_\_\_\_

#2. \_\_\_\_\_

#3. \_\_\_\_\_

6. What is the most important thing you can do so that you can stay friends (and have a clean conscience) when the relationship ends?

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7. What is **your** greatest weakness that could cause problems in this relationship? And what can you do to help make sure it doesn't? \_\_\_\_\_

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### **PHYSICAL BOUNDARIES**

8. Physical, sexual touch in a relationship is powerful and can bond two people in ways that are meant only for married couples (Heb. 13:4-6). When a relationship outside of marriage becomes physical it can lead to pain, confusion, depression... or even STIs or unplanned pregnancy.

What are three *intimate* physical boundaries you are committing to (in other words, what you can and can't do with one another)?

#1. \_\_\_\_\_

#2. \_\_\_\_\_

#3. \_\_\_\_\_

9. What are three *external* physical boundaries you are committing to so you are not putting yourselves in a situation where *intimate* boundaries can be crossed (e.g. no being in a room with the door closed)?

#1. \_\_\_\_\_

#2. \_\_\_\_\_

#3. \_\_\_\_\_

## HEART BOUNDARIES

10. If you truly care for one another then you will commit to protecting each other—physically, spiritually, and emotionally. What is the most important thing you can do to help keep their heart safe?

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11. What is the main thing they can do to keep *your* heart safe? \_\_\_\_\_

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## SUPPORT TEAM

12. Involving people you trust in your life to help you walk in sexual holiness is *critical* so you can find success in a relationship. Name the mentors, friends, and family members that you will share this *DTR Worksheet* with and who are going to help you walk in the light.

#1. Adult(s): \_\_\_\_\_

#2. Adult(s): \_\_\_\_\_

#3. Pastor/Shepherd: \_\_\_\_\_

#4. Mature friend: \_\_\_\_\_

#5. Mature friend: \_\_\_\_\_



## PRAYER

13. If there was one prayer you knew *for sure* God would answer for you during this relationship, what would that prayer be?

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**COMMITMENT** - We strongly encourage you to complete this worksheet, then give photocopies to your Support Team, with the request they keep you accountable to what you've committed to here...

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(your signature)

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(today's date)

NOTES:

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