



You've met Mr. or Miss "Right"-you think. Could this really be "The One?" The person you may spend the rest of your life with: "*in sickness and in health, for richer or poorer?*"

If you feel he or she is the person you have been waiting for, wait just a little longer. Take time to know each other, to become best friends, to laugh together and do things together and with your family and friends.

Developing a friendship takes time. Imagine how much more time it takes to decide this particular, special person is someone with whom you want to spend the rest of your life!

Every romance goes through some twists and turns, just as every marriage does. Here are ten natural steps to marriage, intimacy, and true commitment.

## Steps One to Four:

### DEALING WITH SIMILARITIES

*During the first phase of a romance there is a glow of mutual excitement and you generally see no imperfections in each other.*

1. You meet. There is a flash of interest. Initial communication.
2. Meet again. Chat on the phone. Talk a bit more. Agree to go out.
3. Begin the process of becoming friends. Share activities (sports, shows, etc.).
4. Begin meeting each other's family and friends.

## Steps Five to Seven:

### DEALING WITH DIFFERENCES

This is the phase of the relationship where differences arise. Differences in interests, perceptions, styles of communication, and in goals.

It is also a time where weaknesses become more apparent. The other person is no longer "perfect," and flaws are noticed. If these weaknesses and flaws are issues that are not negotiable, this is the time to decide whether to proceed with the relationship.

Though still difficult, a non-sexual relationship is much easier to break off than one in which sexual intimacy has taken place.

5. Explore each other's common and different interests. He likes classic rock; you like country. She is interested in sports; you are not. But both are willing to learn more about each other's interests.
6. Become aware of and begin to work through each other's weaknesses and differences on important issues. She procrastinates; you are late to everything. He wants to have children; you may want a career. These are far more serious issues which must be resolved.
7. Explore life goals; take increasing amounts of time together to discuss who each one is and where each one is going in life.

## Steps Eight and Nine:

### DEALING WITH BOTH SIMILARITIES AND DIFFERENCES

These steps are the final steps toward marriage and give the couple a final opportunity to assess if this relationship should end or lead to

marriage. It is critical that exploration of all issues take place prior to marriage in order to lay a solid foundation.

8. Acknowledge that you are going forward together; work through different areas: finances, children, in-laws, holidays, etc.
9. Engagement, premarital counseling, finalizing plans, dealing with pressure situations together.

## Step Ten:

### COMMITMENT

Marriage is a commitment. There is no commitment outside of it, because without marriage there is always an option to end the relationship.

10. Marriage; sexual intercourse. Sexual intercourse was designed to bind a couple in an exclusive relationship shared with no one else. Often, premature sexual involvement blocks the development of true intimacy because it becomes the focus of the relationship, rather than friendship being central to the relationship. If differences and weaknesses have not been thoroughly explored but are discovered after sexual involvement occurs, the couple will find themselves struggling harder to work through the problems.



# T H E One

Steps to  
Developing a  
Committed  
Relationship



#### OTHER LIFE CHANGING BROCHURES:

- A Biblical Framework For Adoption
- Adoption Dedication Service
  - Dealing With Anger
- Five Myths About Adoption
- Five Ways To Be A Good Father
  - Forgiveness
  - Life Choices
- Mourning and Grieving
- Moving Ahead: Making Good Decisions
  - Prayer
- 10 Commandments For Parents
  - The Promises Of God
  - What Is A Father?

*The above mentioned brochures are  
available in Spanish.*

Ten Steps To Developing A  
Committed Relationship  
© Lisa Hosler.

This and other titles on parenting, adoption,  
decision-making, and relationships are  
available from Loving & Caring.  
Visit [www.lovingandcaring.org](http://www.lovingandcaring.org) for  
more resources.

Loving & Caring, Inc.  
Lancaster, PA  
717.293.3230  
[mail@lovingandcaring.org](mailto:mail@lovingandcaring.org)

# T H E One

**To earn 1 Baby Buck:**  
*Handwrite a report that fills one  
side of a notebook page.*

10 Steps to  
Developing a  
Committed  
Relationship

