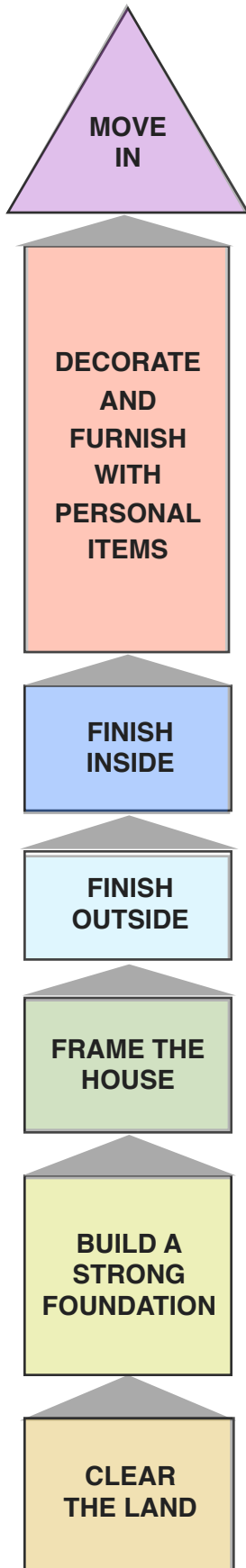


Create a  
House Building Plan

# Learning to Date in Stages

(Just like building a house)

Create a  
Dating Action Plan



## FRIENDSHIP

### COMMITMENT

**Best Friend, Best Man,**  
Closest confidant, Loyal friend  
Help with major obligations

## PROGRAM

### Build Inner Circle

**Sponsor, Sponsee,**  
Give couch commitment,  
Roommate home/retreat

## DATING

### Permanent Commitment

**Domestic Partner, Marriage**  
Financial, legal arrangements,  
Purchase home, Build estate

Relationship Stages are the **SAME**  
for **Friendship, Program and Dating.**  
Each require a **similar** set of skills.

The **ONLY** difference is **addition** of  
**Flirting-Romance, Sexuality-Sensuality,**  
and **Exclusivity-Monogamy**

**Learn** relationship skills **INSIDE** program  
**Practice** relationship skills **OUTSIDE** program

### Exclusivity, Monogamy

**Stop dating others,** Move in  
together, **Integrate** with families

### Sexuality, Sensuality

Sensual **touch before physical sex**  
**Progressive** sexual commitment  
Expression of **CARE**, not for **relief**

### Flirting, Romance

Mutual **attraction. Initiation** skills  
Dating for **FUN** and **experience**  
Safety and Passion

### INTIMACY

Sharing of deep primary  
concerns, **risk vulnerability**  
in stages, safety takes time

### Build Support Circle

Share deepest secrets,  
**Sobriety Sisters**, Close  
friends, Step study buddies

### Build Circle of Friends

Sharing of deep primary concerns  
Communicate, Caring, Commitment  
**Friends Introduce Friends**

### FRIENDSHIP

**Person** is the focus,  
**Activity** is interchangeable

### Connect outside program

Dinners, Movies, Plays  
**Quality time**, Fun, Support

### Connect outside group

Dinners, Movies, Plays  
**Quality time**, Fun, Support

### COMPANIONSHIP

**Activity** is the focus,  
**Person** is interchangeable

### Fellowship

Meal/coffee **after meetings**,  
Retreats, Conventions,  
**Service** commitments

### Fellowship

Meal/coffee **after events**,  
Scheduled activities, trips  
**Service** commitments

### COMMUNITY

Develop a **lifestyle** constantly  
surrounded with people having  
**common interests**, values and  
goals. Meet **new** people and  
enjoy a **sense of belonging** to  
a community

### Meetings

3-5 meetings a week  
Several phone calls a day  
Discover **common problem**  
and **common solution** by  
Identifying with other's  
experience, strength, hope

### Clubs, Organizations

**GROUP** not **SOLO** activity  
Try 1-3 clubs, Go weekly  
**Commonality** of Interest  
**Continuity** of Members  
**Consistency** of Events  
**Cultivation** of Newcomers

### SELF

**Comfortable with self.**  
Don't need someone to fix me.  
Available to new friendships  
and fresh experiences

### Abstain from bottom line

**Stop acting out** with Sex  
and Romantic Obsessions  
End Isolation, Loneliness, Self  
pity, hatred and despair

### Abstain from old behavior

**Qualifiers:** Sick type always attract  
**Avoidance:** Starve-Binge cycle  
**Mad Dog:** Web, Speed, Sex dates  
**Big Bang:** Intense mini-relationships