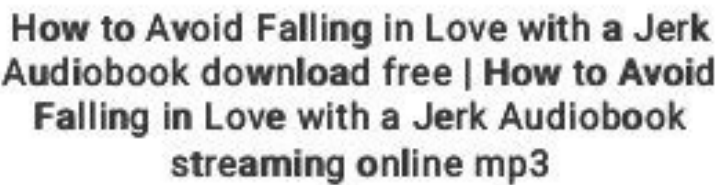


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How to Avoid Falling in Love with a Jerk Audiobook download free | How to Avoid Falling in Love with a Jerk Audiobook mp3

Ask the right questions to inspire meaningful, revealing conversations with your partner
Judge character based on compatibility, relationship skills, friends, and patterns from family and previous relationships
Resolve your own emotional baggage so you're ready for a healthy relationship

Oatmeal asiattomasta viestistä Näytä tarkastuksen lista 1K John Van Epp, PhD in Counseling/Psychology, has a background that includes: æ Clinical Counselor in his retired 25-year private practiceæ instructor of military chaplains for 15 yearsæ adjunct professor of marriage and family coursework æ founding pastor of a non denominational churchæ consultant for military suicidology laboratory From this rich experience, Dr. Van Epp has developed evidenced-based relationship programs about healthy dating, marriage, parenting, military resilience, and relationship counseling. All his programs utilize his innovative Relationship Attachment Model (RAM). The first program, How to Avoid Falling in Love with a Jerk or Jerkette, has published research validating the effectiveness of this approach in both military and emerging adult populations. This program provided the research basis of the book, and like all Love Thinks programs, comes in one of three formats: teach-out-of-the-box certification courses, plug-n-play discussion group courses, and online coursesæ both Christian and community (or non-faith) versions. Dr. Van Epp has trained and certified more than 10,000 instructors from all fifty states and ten countries who have taught these programs to more than a million from settings including the military, social agencies, healthy relationship coalitions, jails and prisons, and churches. He has been featured on CBS Early Show, Good Morning America, Fox News, and Fox Sports. His website, www.LoveThinks.com, is at Pastoral Counseling and Psychology. Second M. in History, and a Ph.D. in Counseling and Psychology. He has been happily married for thirty-nine years and is the proud father of two daughters. You can contact John at info@lovetheinks.com or his websites LoveThinks.com, MyLoveThinks.com, and HealthyRelationshipGoals.com. It. PART I Your Heart Matters, but So Does Your Head This book is divided into three parts. The first part consists of three chapters that are your orientation to the overall concepts of the book. The second and third parts are the core of what you will come to know as the Relationship Attachment Model (RAM) plan for building a relationship and confidently choosing a partner. For the past ten years, the ideas of the RAM have been taught and researched in a program called PICK a Partner (Premarital Interpersonal Choices and Knowledge). Chapter 1 describes the reasons why this program was developed and its successful impact on singles. Chapter 2 introduces you to the RAM, a simple interactive picture of the complex forces of love. Love is exceptionally difficult to define. However, the RAM portrays the major bonding dynamics of love in a clear and understandable way. Keeping the areas of intimacy in balance maximizes your emotional safety and clarity of judgment with dating partners. Being the best person you can be and dealing with any of your own issues is the first step toward finding a good match. Chapter 3 addresses several areas that need to be worked through for people to build healthy relationships. CHAPTER 1 Follow Your Heart Without Losing Your Mind How Did Something So Right Go So Wrong? Meet Charlotte, twenty-five, who has just ended a two-year relationship: When I first met James [twenty-seven] at the insurance company where I worked, he was easygoing, charming, and funny—he turned out to be all that and more. He moved in with me after seven months of spending almost every free moment together. I would have never known I knew him better than anyone in the world. But then he changed; he went out with his friends more and became less interested in me. When I tried to talk with him about keeping balance in our relationship, it would become defensive and detached, as if he just didn't care. I kept trying to tell him how much I loved him, but he wouldn't listen. I told myself I was crazy because I was so invested in him. I thought I must have done something like to her; she was so beautiful and nice. She told me she had never been treated or loved in the ways that I took care of her. When I heard about her screwed-up family, I realized why she seemed to feel so at home with hers. It felt great to give her love, something she said she never really had. Around the fourth month of dating however, Jenell became moody and picked fights with me, as if she wanted to be mad. I kept trying to make things better, and they were, for a while, but then she would go back into her shell. I should not have stayed with her so long. Why do I always get into relationships where I am the giver? It is easy to get fooled when you are feeling in love. Listen to Tasha, twenty-eight, at the end of a five-year relationship: The thing that impressed me most when I met Duane [thirty-one] was that he was so good with my six-year-old son. He always talked to him, horsed around and played with him, and would even bring him surprises when he came to my apartment to see me. Being a single mother, I easily fell in love with the father my son never had. I was bothered by the way Duane became harsh sometimes with me, but I wrote it off as just a bad mood. And anyway, you've got to take the bad with the good. We married on our first anniversary of going out, but from that time on he was never the same. He had frequent rages and treated me just like his father had treated his mother. I never thought he would act like that; he had been so different before we married. How did I miss the signs of what he was going to be like in marriage? What do Charlotte, Marc, and Tasha have in common? All three ended up with something different than what they thought they had originally. They minimized incidental problems that became damaging patterns, not recognizing the signs. It is easy to get fooled when you are feeling in love. The problem is not that you are unsure of what you want. According to a recent national survey by researchers at Rutgers University, 94 percent of singles stated that they want to marry their soul mate. However, many people find themselves questioning whether they are ready for marriage. Why do you think you're not ready? Why do you keep picking partners who have the same problems? How can you really know what someone will be like as a marriage partner? Why are you so desperate? How can you see so clearly what you want in a soul mate but be so blind to a realistic view of what your partner is really like? Why does your partner change so much in just three months? Why do you think more clearly, feel more confident, and act more assertive when you are not in a relationship? You were told that the ex was such a jerk . . . but now you wonder? Why did you overlook so many signs of problems? Why do you always end up trying harder than your partner to make the relationship work? What are you supposed to do to protect yourself from trusting too much? How long does it take to really know someone? How can you feel so loved and yet so betrayed by the same person? How can you love and hate the same person? Why did your partner change as soon as you married? Is this as good as it gets? Can you relate to some or all of these questions? If so, then you are not alone. My Ten-Year Courtship I have been dating this book for almost ten years. My friends and family begged me to take the plunge and get published. But I kept telling them I needed to test things; I was not quite ready—just a little more time, maybe next year. Am I starting to sound like a commitment-phobe? This book presents the successful and scientifically proven PICK program that, if followed, guarantees you won't marry a jerk. In fact, if followed, it guarantees you won't marry a jerk. This book is based on research conducted at Ohio State University and road tested in seven countries, forty-eight states, and by thousands of instructors in military bases, churches, and social agencies. This book presents the successful and scientifically proven PICK program that, if followed, guarantees you won't marry a jerk. This book is based on research conducted at Ohio State University and road tested in seven countries, forty-eight states, and by thousands of instructors in military bases, churches, and social agencies. 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This book presents the successful and scientifically proven PICK program that, if followed, guarantees you won't marry a jerk. This book is based on

love, and provides you with a map to your relationship. I will close this chapter with one last word of introduction: I have attempted to present a fair representation of the many scientific studies on love, sex, and marriage. These studies are difficult to find for the average person since they are dispersed among the millions of journal articles in our university and college libraries. To make matters worse, these studies can be tedious and somewhat boring. However, they offer a wealth of insight and guidance in the journey of choosing a partner and building a relationship. Therefore, I have chosen the studies that are the most representative of each topic area and done my best to make them interesting and practical for your use. My hope is that the ideas of this book accurately translate the world of research into the language of the average person. DONT FORGET The love-is-blind phenomenon results when one of two areas is lacking—head knowledge or heart knowledge. The bulk of research on what someone will be like in marriage boils down to five key areas you need to get to know about a partner. The PICK program has been proven successful in helping singles avoid problem partners. CHAPTER 2 The RAM Plan Jerks Jerks have no gender. The only difference is the package they come in. No one earns the right to be called a jerk from merely acting like one once or twice. If we are honest, all of us act like jerks now and then. However, the most fundamental identifying feature of true jerks is their persistent resistance to ever changing their core jerk qualities. No matter how many times they have been confronted by you or others, they still persist in their hurtful pattern. If it is possible to reform a jerk, it will almost always require a major life crisis or life-transforming event. But the longer the jerk's track record, the lower the likelihood for improvement. The first criterion for identifying a jerk is the habit of breaking boundaries. Boundary breakers come in many forms. One common type is the player. Players have an insatiable appetite for attention and the intoxicating excitement of infatuation. For a player, living within the fences of one relationship is both boring and unfulfilling. Players feel trapped by any sense of commitment and are addicted to the frequent fix of new love. But don't expect them to immediately extinguish the old flame. The irony of players is that they often try to keep one relationship burning while they ignite another. The most fundamental identifying feature of true jerks is their persistent resistance to ever changing their core jerk qualities. Another common type of habitual boundary breaker is the space invader. The space invader's motto is, What is mine is mine, and what is yours is mine. Space invaders have a never-ending entitlement to your attention, interest, money, time, and emotional support. But a relationship with a space invader is never a two-way street. You must conform to their agenda or you will be left behind. Count yourself fortunate if you are ever left behind. The second diagnostic trait of a jerk is the utter inability to ever see anything from anyone else's perspective. Did you ever have a relationship with someone like this? You may not know it at first, because the deflection of your perspective seems trivial. You feel a bit selfish and would most likely not bring it to their attention. Why? Because you are a good-hearted person who is more inclined to overlook and forgive a shortcoming than hold it over someone's head. Good-hearted people, by the way, have the greatest risk for staying in a relationship with a jerk, because good-hearted people so quickly forgive, overlook problems, minimize shortcomings, and give second chances (and third, and fourth, etc.). Give 'em the benefit of the doubt, you think, everyone makes mistakes. But after a person fails to recognize your perspective several times, a pattern emerges, and you realize the occasions of oversight are actually related in a long strand of similar self-absorbed omissions. This pattern is what becomes so difficult to handle in a long-term relationship. You feel a void of never being understood or validated. In time, you realize that you are invisible to your partner. The third identifying feature of a jerk is a dangerous lack of emotional controls and balance. Failure to express feelings appropriately immobilizes one's ability to build healthy relationships and relate intimately. People afflicted with this characteristic most likely are either immature and emotionally turbulent, or emotionally flat and unexpressive. The range and fluctuation of emotion can be described as a pendulum. The midpoint, or area of rest, represents emotional calm. A swing to the right side indicates extreme emotional reactions. A swing to the left represents little to no emotion. Emotionally unstable people live on either the extreme right or the extreme left of center. Those on the right are the overreacting, explosive personality types. Those on the left are the flatliners. They have no emotional pulse. At first they appear easygoing, but later you realize that they are cold and detached. Good-hearted people have the greatest risk for staying in a relationship with a jerk, because good-hearted people so quickly forgive, overlook problems, minimize shortcomings, and give second chances. Emotionally unstable men and women typically have their best showing in the initial stages of a relationship. Overreacting types are often the life of the party. They are known for their enthusiastic and entertaining personalities. They are addicted to captivating, fast-paced romances that mask their deeper problems under a shroud of attentiveness and passion. Yet with time and exposure, their dark side emerges. If you've been involved with an emotionally unstable person, be careful about swinging on the pendulum from one side to the other. In other words, if you have been with someone on the right, overreactive side, then the left side, marked by emotional detachment, will feel like a safe haven—but not forever. Eventually you will feel empty and unloved, as if you escaped from an emotional hurricane only to end up in an emotionless desert. If you swing from the left to the right, you will feel rocketed out of your mundane world right into a world of chaos. The swing effects most likely occur when people overlap relationships. That's why it's necessary to end one relationship and take some time to regroup before beginning the next. If you're like most people, you have, at one time or another, dated a true jerk. The worst part is that you probably didn't realize that the person was a jerk until it was too late. The medical and especially the dental professions have learned the importance of prevention. Most people know that regular checkups and daily brushing lower cavities. Our family doctors remind us months ahead of time to get our names on the list for the flu shot. Yet the prevalent love-is-blind virus that infects so many young (and old) lovers continues to plague our relationships with still no preventive help. Without a plan for building safe relationships and determining the true character of the partner you picked, you can easily find your emotional immune system compromised and your vulnerability to unhealthy relationships heightened. On the Fast Track to Getting Involved with a Jerk One of the most common ways people are set up to get involved with

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