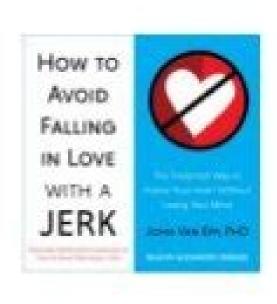
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published in hardcover as How to Avoid Marrying a Jerk) will help you break destructive dating patterns that have kept you from finding the love you deserve. With this book, you will learn how to:

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

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Ilmoita asiattomasta viestistä Näytä kertauksien lista 1K John Van Epp, PhD in Counseling/Psychology, has a background that includes: • Clinical Counselor in his retired 25-year private practice• instructor of military chaplains for 15 years• adjunct professor of marriage and family coursework • founding pastor of a nondenominational churchât¢ consultant for military suicidology laboratory From this rich experience, Dr. Van Epp has developed evidenced-based 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 programs, comes in one of three formats: teach-out-of-the-box certification courses, plug-n-play discussion group courses, and online coursesât" both Christian and community (or non-faith) versions. Dr. Van Epp has trained and certified more than a million from settings including the military, social agencies, healthy relationship coalitions, jails and prisons, intimate-partner violence shelters, singles organizations, high schools, universities and colleges, churches and faith-based organizations. Dr. Van Epp and his relationship programs were awarded the Smart Marriage Impact Award in 2008 and have been featured in The Wall Street Journal, Time Magazine, Psychology Today, O-Magazine, and Cosmopolitan; and he has appeared on the CBS Early Show, Good Morning America, Fox News, and Focus on the Family. John has an M.A. in Pastoral 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@lovethinks.com or his websites LoveThinks.com, MyLoveThinks.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 sworn that 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, he would become defensive and detached, as if he just didn't care. I kept trying for the next year and a half, thinking that he would change, but he only became worse. Looking back, I wonder if I ever really knew him. Then there's Marc, thirty-eight, at the end of a three-year relationship: I felt sorry for Jenell the first time we talked. She was going through a divorce from a real jerk who cheated on her. I wondered how any guy could do something like that 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 jerks. 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. 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 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 of them acknowledged a lack of confidence in being able to achieve this goal. You're probably reading this book because you've noticed a pattern in your own relationships—a pattern you want to break—and you're asking yourself this: I know what I want, so what am I doing wrong? You know what you want, but Why are you always attracted to jerks? Why do you keep picking partners who have the same problems? 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 assertively 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 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 my defense, this ten-year courtship has paid off. It allowed me to turn those ideas into a curriculum, the PICK a Partner program (or PICK for short) that has been validated with research conducted at Ohio State University and road tested in seven countries, fortyeight 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. Love Is Blind It all started with a collection of comments by my hurt and dismayed patients who thought they had either overlooked or minimized significant problems. I was in the habit of asking them to look back on the early stages of their relationships and tell me if they could see any signs of these problems. Invariably, they said yes. Haven't you wondered why so many people overlook issues and differences in their dating relationships only to have these problems plaque their marriages years later? You are dumbfounded when your friend forgives her boyfriend (or his girlfriend) for that destructive and repeating pattern of behavior that everyone else can see . . . but then it happens to you. You become struck by love and everything blurs. Not until after a breakup (or sometimes after the wedding) does the lightbulb come on, and then you feel really stupid because all those warning signals you ignored in the beginning of the relationship seem so clear in hindsight. Why is it that love is blind? Two reasons emerged when I asked my disillusioned patients why they did not pay attention to those early warning signals. Combined, they capture the essence of what causes the love-is-blind syndrome. You become struck by love and everything blurs. First, many of these patients said, "If I only knew then what I know now." They lacked the head knowledge of what to look for in a prospective partner. It is not surprising that most of us are greatly misinformed about the characteristics that predict marriage material, seeing that few of us have ever been formally taught about trelationships. Our classrooms have been our families, friends, romantic movies, trashy novels, and our own trialand-error experiences. While some of you gained clarity on this subject from these real-life courses, most have become more confused and apprehensive. As my curiosity deepened, I started digging through the annals of research on love, romance, dating, mate selection, and predictors of satisfaction in marriage. I read more than a thousand articles, dozens of self-help books, and endless writings from popular magazines. I had taught advanced marriage and family graduate courses and was well aware of the predictors grouped into five categories: 1. Compatibility potential —the balance between the similarities and differences of personality, values, and interests between you and this person—in other words, how you fit together 2. Relationship skills—communication, openness, and conflict management and resolution 3. Patterns from other relationship patterns from both romantic and nonromantic relationships 4. Family patterns and background—the quality of the parental marriage and the family's expression of affection and emotion, development of roles, and interaction patterns 5. Character and conscience traits—the emotional health and maturity of conscience The first two categories are fairly obvious and likely to be identified and understood early in a new relationship. The other three, however, are more subtle and usually remain hidden for much of the premarital time. These three categories were most often overlooked according to my dissatisfied and reflective patients. The second reason that these patients minimized crucial signs of problems was summed up in a phrase I most often heard them say while sighing, "I guess I was just too much in love. Rather than lacking an understanding of their partners, they experienced an overdeveloped emotional attachment that resulted in severing their heads from their heads but he (or she) loves me, and that is all that matters." I refer to this as a lack of heart knowledge. We can laugh when we see this kind of overattachment in popular television programs about singles because we relate to them. But the sobering reality is not funny at all, especially if you've been in a series of relationships that felt like true love but ended up as anything but. It's Just Not Working It became convincingly clear to me that conventional dating practices simply are not physically or emotionally safe. Nor do they lead to satisfactory partner choices. The need to provide a user-friendly guideline to balance the head with the heart is fundamental to the development of a healthy relationship and the choice of a partner. But no one had ever designed a road map for an individual to use when choosing a life partner for marriage. A wealth of research was not being translated into a practical and useful tool for singles to use in dating relationships and their quests for a marriage partner. Can it be done? Should it be done? Why hasn't it been done before? I wondered about these guestions and more. The longer I studied, the more I realized that I had it all backward. I was wondering if the world had always followed a plan for choosing a marriage partner. What it cannot handle is not having a plan to follow. Singles had never been completely on their own in this venture. In the past, the plan for choosing a marriage partner had involved families, communities, and traditions. Eighty percent of all cultures throughout all history practiced some form of planned marriages: arranged marriages and forced marriages. These marriages were designed to maximize a rational approach to marriage: bringing together a couple who were similar in cultural, religious, and ethnic backgrounds; compatible in social status and family values; and beneficial for not just the two who were marrying but also the extended families involved. This historical approach to the choice of a partner was not really about love, romance, attraction, or intimacy. It was a practical arrangement that was directed by a rational plan. You could sum it up in just one word: think. Not until the last few centuries were planned marriages replaced by marriages where individuals chose partners based on romantic attraction and feelings of love. Family and community quidance gave way to individual pursuits. The importance of similar backgrounds, values, religious beliefs, and cultural traditions was overthrown by passionate love and romance. This was such a new concept that in the early 1900s romantic love as a reason for marriage was considered a pathological experiment by most sociologists and marriage educators. The famous sociologist and family researcher Ernest W. Burgess wrote in 1926 that the presumably irrational, arbitrary and fleeting nature of a romantic choice of spouse is diametrically opposed to the serious, prudent and responsible undertaking which it should be. In other words, don't follow your head. However, Burgess's warning was not heeded, most likely because the public assumed you can only do one or the other—so Western society revolted against reason and embraced the emotion of love. From music to movies to literature, love and romance dominated the charts. The classic Beatles song All You Need Is Love captured the culminating sentiment of the entire century. The trouble with the approach is it didn't recognize that the head and heart were made to work together. The old world of arranged marriages focused on a rational approach to compatibility of family background, status, individual character, religion, culture, and family values. It was an era where the head led in the choice of a mate. The new world of the twentieth century focused on love, attraction, chemistry, devotion, sex, needs, intimacy, and loyalty. Love could be irrational but beautiful. However, I believe that it is possible to have the best of both worlds. The twentieth-century motto Think love needs to be replaced with a new, twenty-first-century motto Love thinks. It is possible to combine the resources of your mind with the passions of your mind with the passion of your mind with the your mind with the your mind with the your mind with the your min chose partners based on romantic attraction and feelings of love. Too often people act on the belief that being in love entitles them to stop taking in and analyzing information about their partners. The assumption is that love itself will take care of all that is to come, including maintaining the relationship. Love is conceived as an either-or phenomenon You either are in love, or you are not. And if the love switch is thrown on, the brain switch is turned off. You leap into an exciting pool of pure emotion and willfully choose to stay there until you are about to drown in bad feelings. Charting the Course of Love So what is the alternative? How can you chart your course of love? You need a plan, a road map, a model that joins the head and heart in a harmonious whole so that they work together to guide you through the building of a relationship. I spent years developing the RAM. It summarizes massive amounts of theory and research on love, attachment, intimacy, and bonding into just one interactive picture. It portrays the amazing forces of love and how they interact with the discerning powers of the mind. The RAM is simple, yet it respects the complexity of love; personal, yet universally applicable; and rational, yet open to the mystery of love. I will completely explain the RAM in the next chapter, but at this point it is important to say that it provides everything you need to choose a partner: a plan to guide you to know what a partner really will be like as a spouse, to stay emotionally and physically safe while the relationship is growing, and to make healthy choices that will lead to a fulfilling marriage. The first time I presented the RAM publicly was in the summer of 1996. I titled the seminar How to Avoid Marrying a Jerk. I had invited sixty colleagues from various fields—educators, counselors, ministers, social workers, and divorce experts. I taught the five-lesson curriculum in an all-day format. The response was overwhelmingly positive. From that group alone I received over a dozen invitations to present the program in other settings. In a short amount of time, I had stopped all my other seminar presentations and was teaching only this. A year later I had a film crew videotape one of my live presentations so that others could use along with the videos and formally titled it PICK a Partner. It became evident that videos were not enough. PICK had crossed cultural and generational boundaries, and a diversity of instructor's course with detailed lesson plans and made the certification training program available online. Before I knew it, instructors were teaching PICK in almost every state and requesting translations in other languages. Military chaplains and family advocacy managers were becoming certified in larger numbers than any officials at the Pentagon responded with strong support, and a research study was funded in conjunction with the Ohio State University to evaluate the effectiveness of the PICK program on the dating practices of single soldiers and cadets. We trained instructors at two military academies and two military bases: the U.S. Military Academy at West Point, the Defense Language Institute at the Presidio of Monterey, Fort Jackson, and Fort Benning. The conclusions were impressively positive. As a result of attending the PICK program, participants: The RAM is simple, yet it respects the complexity of love; personal, yet universally applicable; and rational, yet open to the mystery of love. Were more critical in assessing their past relationship experiences based on what they learned from the PICK program about pacing a relationship placed greater importance on each of the five areas the PICK program deems crucial for getting to know one's partner, or FACES: Family background, Attitudes and actions of the conscience, Compatibility potential, Examples of other relationships, and Skills in relationships reported less influence from myths such as Love alone is a sufficient reason to marry, Cohabitation improves the odds of a lasting marriage, Opposites always complement, and Choosing a mate should be easy or happen by matter of chance or accident had a stronger understanding of the importance of taking one's time to really know his or her partner and whether the relationship was ready for marriage were more likely to recognize the influence of family of origin on their relationship should be worked on prior to marriage and that those changes will be more easily accomplished before rather than after marriage understood more clearly that definite, identifiable indicators (e.g., previous relationship) foreshadow what a person will be like in a marriage felt more knowledgeable about developing a healthy relationship that leads to a healthy marriage and more confident in their abilities to use the skills learned to develop a healthy relationship Furthermore, 98 percent of the program participants agreed to follow the RAM and stated that they would recommend it to others. This book is built on the foundation of the last ten years of successful and effective use of the RAM. Contrary to many conventional dating practices, the RAM exposes jerks, protects you from a blinding love, and provides you with a map for pacing your relationship while exploring the key target areas that foreshadow your future with a partner. The RAM exposes jerks, protects you from a blinding love, and provides you with a map for pacing your relationship while exploring the key target areas that foreshadow your future with a partner.

love, and provides you with a map for pacing 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 because 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. DON'T 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 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 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 vourself 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 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-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 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 goodhearted 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 emotional hurricane only to end up in an emotional side. 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 plaque 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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