

## Danger Signs Tally Sheet

As you read through the book *Danger Signs of an Unhealthy Dating Relationship*, place a checkmark next to the danger signs that you or your girlfriend/boyfriend believe are potential threats to your marital happiness and success. Discuss your findings with each other. If there is any question on either side as to the direction your relationship goes from here, identify a trusted pastor, church elder or biblical counselor who can help you decide how to proceed.

- Persistent doubts about the relationship
- A contentious spirit
- Avoidance of certain issues or topics of discussion
- Increased physical intimacy
- Fear of terminating the relationship
- Strong opposition from family and friends
- Lack of spiritual harmony
- Pride (especially a pattern of not acknowledging wrongdoing)
- Anger
- Impatience
- Intolerance
- Selfishness
- Inability to resolve conflicts
- Lack of compassion
- Disrespect or contempt
- Bitterness (unforgiveness)
- Irresponsible behavior
- Irrational thinking
- Excessive passivity
- Legalism or perfectionism
- Unresolved conflicts
- Deceitfulness
- Intemperance (lack of self-control)
- Few areas of common interest
- Additional dangers (to discuss with a counselor):

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