

How to Avoid Falling In Love With



A Jerk *(or Jerkette)*

How to avoid falling in love with a jerk checklist

God		Yes	No
Would God approve of your relationship with this person?			
Is the person good for you spiritually?			
Have you prayed about the relationship?			
Has the Spirit given you peace in your heart?			
Will this union help me heavenward and increase my love for God EGW			
You		Yes	No
Is this person good for me? Will s/he enoble me? EGW	Will they enlarge my sphere of usefulness in this life EGW		
	Will they give you joy and happiness		
	Will you be allowed to preserve your individuality? EGW		
Is this person safe?	Physically		
	Emotionally		
	Spiritually		
Do I want to become like this	Does this person's lifestyle		

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person?	match yours?		
	Their taste in music, reading habits, hobbies, dress etc		
Do I want my children to become like this person			
Does your intuition tell you that something is not right?			
Others		Yes	No
Does your family know about the relationship?			
Are they happy for you?			
Do they have concerns about the relationship?			
Does his/her family know about the relationship?			
Are they happy about it?			
Are your friends positive about the relationship?			
Are his friends OK with the relationship?			
Do other people speak well of him/her?			
Is the person available?	Emotionally		
	Legally (married, divorced or separated?)		
	If divorced have you seen the divorce papers?		
Their relationship history		Yes	No
Do they have a promiscuous past?			
Was it their fault why most of his/her past relationships failed?			
Have they ever changed gender?			
Did they ever have same gender relationship (Gay or lesbian) in the past?			
Do they have a good relationship with their family?			
Are they respectful to their parents, especially their opposite gender parents?			
Did they grow up in 2 parent home?			

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The person		Yes	No
Is the person kind to you?			
Is s/he kind to others?			
Is s/he empathetic?			
Does s/he know what his/her emotional needs are?			
Do they know their preferred love language?			
Do they know your emotional needs?			
Do they know your preferred love language?			
Can they meet your emotional needs?			
Can you meet their emotional needs			
The Relationship		Yes	No
Has he or she told you that they want the relationship?			
Are you clear about what you want in relationship?			
Is the person clear about what they want in the relationship?			
Have you spoken about your borders and boundaries?			
Total			

A Jerk is someone whose behaviour/actions have a negative long term effect on your life.

Count the total number of Yes and No, then ask yourself the question

“Is this person a jerk?”

“Is this relationship really right for me?”

Then make a decision that is in the best interest of spiritual and emotional growth.

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