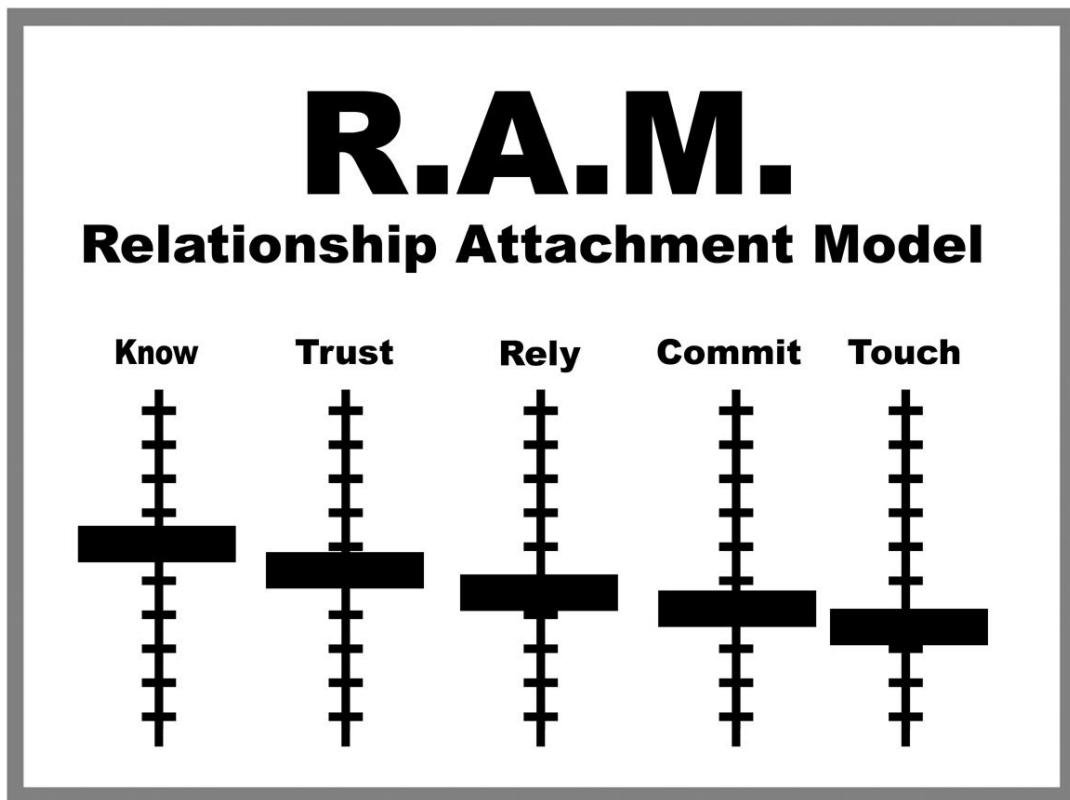


How to Avoid Falling for a Jerk (or Jerk-ette)

Curriculum by Dr. John Van Epp, www.nojerks.com



The "SAFE ZONE" for RELATIONSHIPS
Never Allow One Level To Exceed The Previous

KNOW: _____

TRUST: _____

RELY: _____

COMMIT: _____

TOUCH: _____

Identifying Potential Red Flags



How do you really KNOW someone? Getting to know someone takes a combination of time, being together and talking. There are five key areas to get to know someone in a relationship. In the space below, list these five areas and some questions or ways that you can get to know someone in each of these areas.

1.
2.
3.
4.
5.