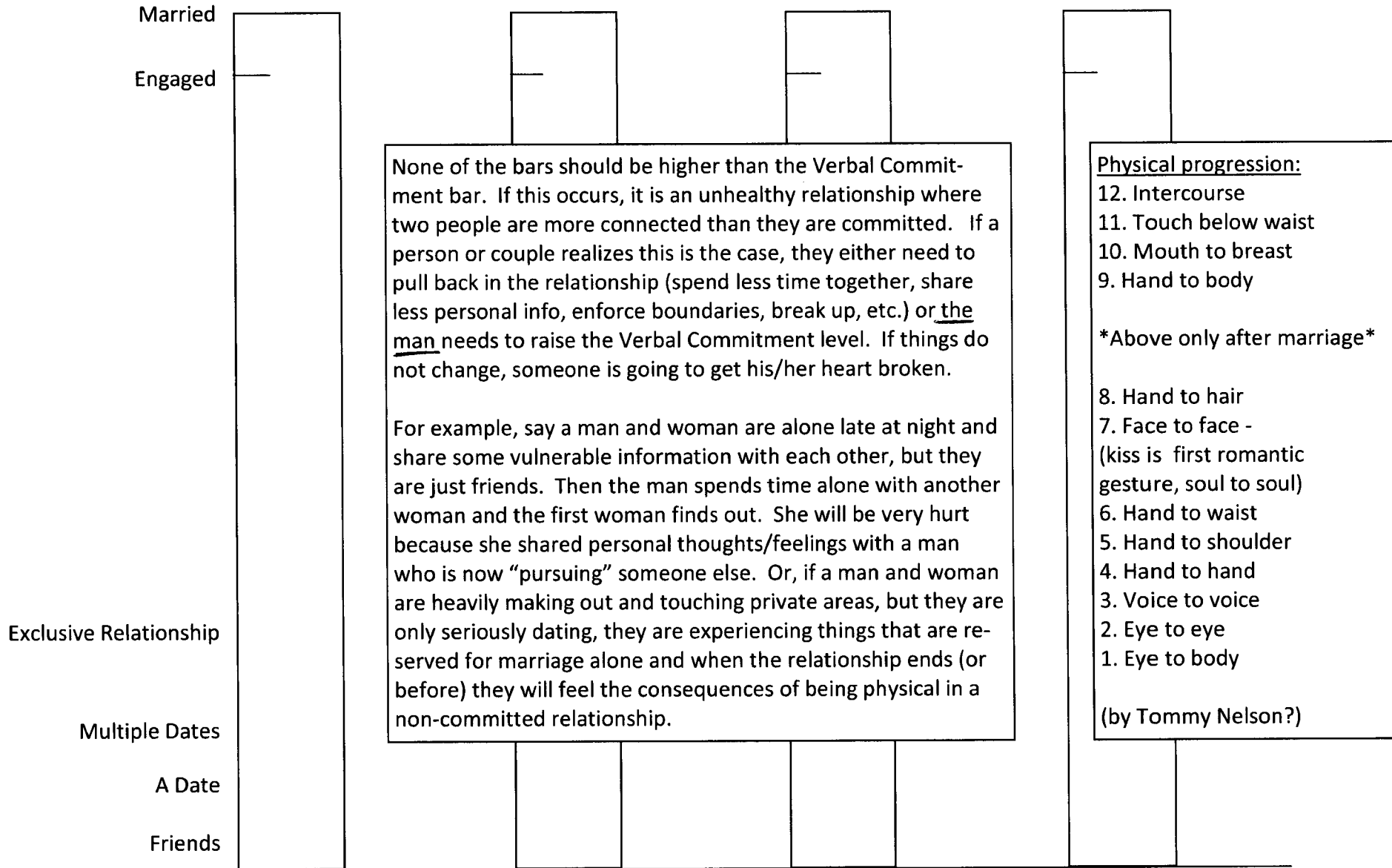


THE RELATIONSHIP BAR GRAPH

By Rich and Becky Duffield, originally created by Chris Sarver, Virginia Beach Summer Project 2002



None of the bars should be higher than the Verbal Commitment bar. If this occurs, it is an unhealthy relationship where two people are more connected than they are committed. If a person or couple realizes this is the case, they either need to pull back in the relationship (spend less time together, share less personal info, enforce boundaries, break up, etc.) or the man needs to raise the Verbal Commitment level. If things do not change, someone is going to get his/her heart broken.

For example, say a man and woman are alone late at night and share some vulnerable information with each other, but they are just friends. Then the man spends time alone with another woman and the first woman finds out. She will be very hurt because she shared personal thoughts/feelings with a man who is now "pursuing" someone else. Or, if a man and woman are heavily making out and touching private areas, but they are only seriously dating, they are experiencing things that are reserved for marriage alone and when the relationship ends (or before) they will feel the consequences of being physical in a non-committed relationship.

Physical progression:

12. Intercourse
11. Touch below waist
10. Mouth to breast
9. Hand to body

Above only after marriage

8. Hand to hair
7. Face to face - (kiss is first romantic gesture, soul to soul)
6. Hand to waist
5. Hand to shoulder
4. Hand to hand
3. Voice to voice
2. Eye to eye
1. Eye to body

(by Tommy Nelson?)

Verbal Commitment
 what has been verbally communicated about the status of the relationship

Emotional Connection
 how emotionally connected you are (affected by Time, Talk, Touch, & Body Language)

Spiritual Connection
 how spiritually connected you are

Physical Connection
 how far you have gone physically from holding hands to intercourse