Overcoming the Fear of Being Alone
Marriage Prep on your Own
What you can work on now, even if you’re not in a relationship

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Do you want to eventually get married?

A couple key things you can do now to healthily prepare for a lasting, loving marriage—even if you’re currently not in a relationship, or never have been.

• Come to genuinely know and accept yourself

• Understand the development of dating experience over time that can prepare you for marriage

• Be an active participant, move toward what you want
Know and Accept Yourself
Why is knowing myself so important?

Until you know your own thoughts, feelings, strengths, limitations, etc., you cannot accurately convey them to others. Until you accept yourself, you will likely be afraid of risking rejection by sharing yourself with others. Knowing and accepting yourself will help you be better able to accept others, and this will make you a safe person to whom others can reveal their own inner selves. Knowing and accepting yourself is a requirement of a good healthy relationship.

Adapted in part from: http://www.messiah.edu/offices/engle_center/counseling_services/self_help/emotional_intimacy/
What do you mean know myself?

• **Know** and **accept** your struggles, problems, weaknesses, fears, insecurities, and negative patterns. List them out and discuss them with trusted people in your life.
  • You can only change the things you first **accept**.

• **Know** and **embrace** your talents, gifts, strengths, abilities, values, hopes, dreams, and passions. List them out and share them with your trusted people in your life.

• This may be one of the most precious gifts you can give your future spouse, and **yourself**.
Three Phases of Dating for Latter-day Saints

- Teenage High School Dating
- Young Adult Dating
- Dating to Get Married
Which of these phases do we tend to skip over?
Phase 1 Dating
Teenage/High School
Dating for fun
Phase 1 Dating: Teenage/High School

• “I’m excited to experience this whole new world of dating. I’m willing to try it out.”
• Dating to experience being with the opposite sex
• Dating in groups and group experiences
• For fun, excitement, and new experience
• Crushes, liking, and maybe love
• Dating to mature. Transitioning from childhood to full adolescence
• Figuring out some about who you are, identity development
• To get married in High School?
  No! that’s creepy!
Phase 2 Dating

Dating to get to know yourself, prepare your life, know many others, and find out what you want in marriage.
Phase 2 Dating: Young Adult/College

• “I had my dating experiences in High School, good and bad and now I’m a young adult and I’m ready to move to young adult dating.”

• Coming to know and accept yourself in the context of dating relationships

• Dating to learn about adult romantic relationships

• Coming to know and learn about different personalities, life experiences, interests, values, and priorities of dating partners

• Clarifying your own values, beliefs, standards, commitments, marriage ambitions, and life ambitions through the experiences of dating
Phase 2 Dating: Young Adult/College

- Time: to prepare for life vocation
  - Time to mature enough
  - Education
  - Career
  - Life experience
  - Hobbies/interests
  - Learning what a healthy marriage relationship looks like
  - Learning more about Parenting
  - Clarifying your Religious and Spiritual life
Phase 3 Dating
Dating To Get Married
Phase 3 Dating: College and Professional Life

• “I’ve done a lot of phase 2 dating, I’ve had a lot of experience, and I believe I’m now ready to date to get married”

• Dating for the express purpose of finding a marriage partner, an eternal companion

• You know yourself relatively well, you know what you want relatively well, you know where you’re going relatively well

• You actually want the reality of a full-time spouse, partner, lover, friend

• You’re in-tune with where you’re at, and you’re willing and wanting to move forward
“Some of you have been in a relationship where you shared everything imaginable, trusted this person with your life, felt completely in sync, and even talked about marriage only to have a rude awakening around the third month.”

This is the “magic number” —90 days. It is not until around three months that deep-seated patterns start to become evident.

One study found that about half of all dating attraction is significantly altered by some newly found characteristic within a three-month period; significant enough to cause a breakup of half of all relationships. Therefore, many initially hidden patterns seem to become evident within the first 90 days.

The 90-day probation period states that “it takes three months for many subtle but serious patterns to begin to surface.”


http://www.lovethtinks.com/images/company_assets/512F1C7F-0D64-4A5E-9D91-785DC064755F/picksession1teen_6eb1.PDF
Be an Active Participant In What You Want
Active Participant in Your Life

• Go for what you want!
  • Actively learn and grow as a person
  • Develop yourself, your talents, your life
  • Know and understand your emotions
  • Pursue your passions in life and in relationships
  • Pursue what you want where you’re at with dating and relationships
  • Embrace the present and live your life

• Actively pursue what you want vs:
  • Fearful or confused observation
  • Passively waiting
  • Helpless giving up
BYU CAPS Premarital Workshop

• Winter Semester: Starting in March, likely Mondays 4-6pm, 5 weeks

• For engaged and newlywed couples (up to about 6 months married): One member of the couple must be a BYU student. All couples need to do to sign up is email their names and request to: premaritalworkshop@byu.edu

• The workshop focuses on these five themes:
  1. What does a healthy relationship look like?
  2. Communication and handling conflict positively
  3. Healthy sexuality in marriage
  4. Unity & Defining dreams together
  5. Financial Prep for BYU Newlyweds

• Marriage preparation programs like this have been shown to cut the divorce rate by more than 30%