

## Falling in Love for All the Right Reasons

with Dr. Neil Clark Warren

### 1.) “The Biggest Decision of your Life”

-Of all first marriages, only about 25% endure and are happy.

-Statistics

-The direct affect on children: Makes it much more likely children of divorced parents will experience divorce themselves.

a.) In two 4-hour dates, you can determine if the person you’re dating will work ‘long term’ in your life!

-The ‘challenge’ of Dr. Warren: To find a way to help people fall in love for all the ‘right reasons’, so that their marriage can get healthier over time.

b.) If you don’t get ‘selection’ (of the right mate) at the very beginning, you’re setting yourself up for trouble.

-You need to recognize what the rules are for choosing your mate in life.

### 2.) How do you Begin?

a.) You need to get to know yourself first.

b.) You need to know what you really want in a marriage partner:  
“10 Must Haves”

- c.) Understand your "can't stands".
- d.) Get to know everything about the person as soon as possible by... becoming a great listener

- How do you practice listening? \_\_\_\_\_

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### 3.) **Emotional health is the most important single quality that 2 people need to have.**

-“No marriage can be healthier than the emotional health of the least healthy person.”

- a.) What is an emotional health problem?
- b.) Look at your 'personal 'self-conception': You deserve to have an accurate and positive view of yourself!

-Start by getting yourself into a right relationship with God.

- c.) Get your self-conception right:
  - What are some kinds of 'troughs'?
  - 1.) An addiction to anything: marriages suffer severely from addiction
  - 2.) Neuroses: Depression
  - 3.) Generalized Anxiety
  - 4.) Obsessive-compulsive Neurosis
  - 5.) Bi-Polar Disorder: Thought disorders

-You need to deal with your own emotional health first!

#### 4.) Don't 'settle' because you're afraid you won't meet the right one!

a.) You need to be matched on many dimensions...

-What is true of happiest married couples?

b.) Dr. Warren developed '29 Dimensions' for people to be matched: (some examples)

-Spirituality:	-Interests
-Intelligence	-Money
-Energy	-Neatness
-Ambition	-Punctual
-Values: child-rearing	-Entertainment

If we get the 'selection right', the divorce rates will be reduced:

**Selection is more complex than we ever thought.**

**Marriage, as a state, is the greatest relationship that two people can have!**