## Pating tips for teens

LOOK OVER THE LISTS, AND CIRCLE 10 IN EACH COLUMN THAT ARE MOST IMPORTANT TO YOU.

## Qualities to Look for:

Humility

Sense of Humor

Interested in your interests Respecting boundaries Being a friend first

Thoughtful about finances

Polite gestures to you Shakes parents hands

Comes to the door (doesn't honk)

Kind to children and elderly Communicates well (or willing)

Shares core values

Respectful
Charitable
Hard worker
Responsible
Respectful
Helps others
Kindness
Understanding

Loyal

Honest even in little things Speaks nicely without profanity

Kind to animals

Speaks well of family/friends

Realistic career goals Faith in Christ/Religious Matching work ethic

Fights kind (no name calling)

Not needy

Loves God more than they love you

Adores you Helpful

Positive outlook on life Self reflective on challenges

Has a growth mindset Expresses gratitude often

Interested in learning about people you love

Interested in the things that you love

Shares compliments with you Observant about what you love

## Relationship Red Flags:

They can't apologize

Controlling Judgemental

If your family disapproves

Manipulative behavior (you don't love me if you...)

They tell you how perfect you are Overemphasize your beauty/looks

Demeaning words/actions They roll their eyes at you

Jealous of you being friends with others

Pressuring you to do things against your beliefs/values
Trying to keep up appearances in ways that don't matter

Foul language

They ask for your email/social passwords

Spends a lot of money (too freely)
Anger aggressive at all (even sports)

Talks about themselves a lot Only wants to do their stuff Struggles with pornography Lots of talk, no action goals They make you feel stupid

Tries to alienate you from your family
They need constant reassurance/validation

Checking up on you hourly/daily

Sexual pressure

Wanting you to change Isolating you from others

Can't talk about everything (secret keeping)
Doesn't want to talk about hard things

Doesn't encourage you

Buys you things as an apology/Asks for gifts

Pressuring you for anything

Tells you who you can/can't hang out with

Possessive Self centered

Disrespectful to their mom Plays the blame game

Dismisses your feelings and opinions

Dishonest about little things Always wants to be alone

Controlling of you/your schedule

Manipulates situations

## Make your own list!

INCLUDE ANYTHING FROM THE FIRST PAGE, AS WELL AS YOUR OWN UNIQUE QUALITIES YOU LIKE.

Keep your eyes wide open before marriage, and half shut afterwards. Benjamin Franklin