

# 50 Shades of Healthy Dating

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Where is Mr. Grey? Can we find him here in Estero? Is he even real or a fantasy? That may be some of the questions you are asking yourself if you are one of the thousands of women reading E.L. James' novel, 50 Shades of Grey . This provocative novel is all the buzz and attracting a lot of attention. The main character, Christian Grey, is an alpha male who is opulently wealthy and an old school romantic hero who has a dark love for rough sex (BDSM). Is that really the type of man women are looking for ?

A healthy relationship is not what is being portrayed in this novel. What then do you want to look for in a dating relationship? Here are 50 characteristics to look for.

- Does he/she have goals or dreams they are committed to pursuing?
- Does he/she have any habits that are deal- breakers (Drug or alcohol abuse, smoking)?
- Does he/she seem emotionally stable?
- Does he/she take good care of himself (eat well, go to the gym, etc.)?
- Does he/she treat you with respect and consideration?
- Do you feel uneasy?
- Does he/she treat others well?
- Does he/she have a healthy relationship track record?
- Do his/her past relationships have good things to say?
- Does he/she have a good relationship with their family?
- Have you met the family?
- Does he/she follow through on his responsibilities?
- Is he/she self-absorbed ?
- Does he/she have a stable career or pursuing an education?
- Are you on the same emotional level?
- Are you at the same maturity level?
- What is this person's level of commitment?
- Does this person have confidence in solving problems?
- Do you ever feel manipulated?
- Is this person trustworthy? Even counting little white lies.
- Does this person view themselves as damaged goods?
- Are you often confused on where you stand?
- Is the relationship equally gratifying?
- Are you unhappy more than you are happy?
- Do you feel like you are blaming yourself for most of the problems?
- Do you feel like the relationship started very quickly?
- Do you find yourself often worrying ?
- Do you feel as if you are being interrogated about things you have done?
- Are you ever checked up on?
- Does he/she go through your personal belongings, cell phone or wallet?
- Have you been asked to participate in unusual sexual behavior, sexual humiliation or

rough sex?

Has this person ever displayed violence like breaking, striking objects, or hitting ?

Does he /she appear jealous?

Do you both have realistic expectations for each other?

Have you given up your friends and outside social life?

Does he/she appear hypersensitive?

Are there traditionally rigid sex roles stereotypes?

Does he/she control you through money?

Do you feel as if you are walking on egg shells?

Is he/she easy to talk to?

Can you openly express yourself?

Is he/she nonjudgmental about your spiritual beliefs?

Do you feel a sense of support?

Do you feel a sense of negotiation and fairness?

Do you have fun together?

Do you laugh together?

Do you hold shared or similar values?

Can you enjoy teaching each other new and exciting things?

Is he/she able to give and receive love?

**TRUST YOUR GUT**