

Example Timeline

The following is a list of examples for behaviors that may be considered appropriate along a slow-to-moderate dating timeline.

Dates 1-4 (~1 st month)	Dates 5-8 (~2 months)	Dates 9-15 (~3 months)	Dates 16-20 (~6 months)
<ol style="list-style-type: none">1. Talk on phone, IM or email, 1-2x/week max - no long conversations2. No text messages (except logistics, "running 5 mins late," "will call you at 7pm to confirm our plans," etc.)3. Dating others OK4. No serious talk about your history, trauma or past relationships5. Hug, kiss on cheek6. Both take cars, meet there7. Spending <\$100 on a date	<ol style="list-style-type: none">1. "Light" petting, above the waist (hands), outside clothes2. French kissing3. Talking on phone, IM or email, >2x/week4. Text messages used sparingly, if at all5. Seeing each other's house/home6. Physically affectionate7. Spending > \$100 on a date	<ol style="list-style-type: none">1. Discontinue dating others before having intercourse discussion2. Disclosure about sexual history and addiction (before intercourse!)3. Discussion about STDs4. Intercourse with condom only5. Oral sex6. Sleep over at each other's house7. Short vacations (ie, weekends away)	<ol style="list-style-type: none">1. Unprotected sex (no condoms) only after STD testing2. Longer vacations (7+ days)3. Introduce to family members4. Ok to discuss long-term plans of relationship