



BF-GF Dating: Don't get Hijacked!

Any relationship with the opposite sex that you hold on to very fiercely lays hold of you in a very subtle yet strong way. The partner tends to become very possessive, you tend to get deeply emotionally attached and totally carried away. You prefer the world of your own and start ignoring even your friends... I can keep adding to this list. Be careful!

This kind of unaccountable, hijacked, kidnapped exclusive relationship can leave you with a scar for a life time. Be wise!

Let me start with a story.....

Kavitha had been working very keenly in her life. She had been growing purposefully and she was quite happy with her own progress. She had not dated anyone seriously since the previous year, when she had gone through a tough break up with a guy.

She had at the time turned to her friends and found healing and stability.

And now, she was doing pretty well for herself with the 'moving on' and refocusing on her own life. It was at this time that she met Nikhil. This encounter in fact came as a pleasant surprise. They caught on like house on fire, connected right away and started spending a lot of time with each other. Soon they were dating exclusively.

ALERT! — Just because you get connected right away, do not assume that this relationship is going to work out!

At first her friends were quite happy for her, excited that she had finally found Mr. Right. **But over a period of time, things changed.** Her friends weren't laughing anymore. They were all sad, because they rarely got to see Kavitha.

Sounds familiar? What was happening to Kavitha?

She was gradually changing or being changed.

She was a very active, enthusiastic person, involved in many things, had quite a few hobbies, had many healthy friendships and relationships. But now, she only seemed to hang out with Nikhil. This confident girl was now dependent as a baby emotionally and it was as though she had been hijacked by this relationship.

ALERT! — No dating relationship should make you dependent. That is not a good sign. Only inside marriage can you become dependent and inter-dependent, which should flow out of commitment and true love.

Meanwhile in Kavitha's life things were going on somewhat smoothly and she had adapted herself to Nikhil and the relationship very well. She was managing to keep him happy.

ALERT! — Don't try to too much adapt and accommodate. Let the other person accept the way you are. Give and takes in few areas are ok. But don't change for someone or try to change someone for you.

But then a couple of things recently jerked her a little, almost like wakeup calls. First, Nikhil had persuaded her to let the relationship become physical, even going quite a long way into it. She had hated this from her past relationship.

The second wakeup call was when one day Nikhil broached the topic of her looks. He had asked if she would consider dieting, getting slimmer and getting her teeth clipped and snapped. She had laughed it off. But, that's when Nikhil seemed persistent. He had pursued it further and said, "I just think it would help your overall looks". Kavitha was devastated.

Once the bubble seemed to break, she was suddenly remembering a number of subtle criticisms **Nikhil had made of her other interests and abilities. Nikhil was not rude or mean at all, which explains why she didn't see these slight yet insistent persuasions.** But then, now that she had started thinking, she took a detour and met up with her girl friends after a long time. Boy, was she glad that she did it! They began to speak some sense into her and they were furious at the comments that Nikhil seemed to make so 'naively'.

Slowly, Kavitha had woken up. She understood now, saw things more clearly. She did what she should have done earlier. **She used her support network to ground her and strengthen her.** Kavitha stayed connected to her real good friends, her social circle and family and began to find herself on the way of growth again.

Hey, did you get it?

Carefully, with much discernment and wisdom identify the good people in your life and intentionally form a support network. These can be your close friends, family members like cousins or even counsellors and teachers.

They should be people who know you very well and respect and value you for who you are.

In dating relationships there is this subtle virus infection that occurs. **The virus seemingly attacks your view of reality or your 'objectivity'. You are unable to understand or see the reality. The very state of 'being in love' is a state of idealization, where the partner is not viewed realistically, rather romantically and ideally.**

He or she is seen through eyes that are coloured by wishes or fantasies. Imagine you looking at the world through tinted glass. You will see everything in that hue and this other person will symbolise everything you desire in the ideal partner for you. **Large chunks of reality about this person are ignored because of the love brimming inside you.**

Fortunately for you though, your close friends and often your families can see things about your new love that you may be blinded to. And you should trust them.

If you have a friend who is a mentor or a life coach, they will know you and they would also know what is important for you.

They know who you are and are able to see if you are growing into more of who God created you to be.

Teens and youth often do not deal with reality for **two reasons**.

One, they do not see it that way and are unwilling to accept what the support network sees.

Two, even if they know that this relationship is stupid and sinful, they do not know or are hesitant to break away and do the right thing.

- The support network can help you in reality.
- They give the emotional support that you need.
- Give you truth and wisdom in plain language.
- Give courage to stand strong on values or morals.
- Give strength to help you let go and stand strong.
- Speak some sense into your chicken brain (sorry, could not resist :))
- **Don't even attempt to get into dating relationships (even if you are at the right age) without first putting in place a good support network or friends who know you.**
- Trust one or two people in your support network and be transparent. They might be able to see those blind spots that you cannot see.
- Don't get hijacked or kidnapped by a relationship. Be in continual touch with community and family and friends. Intentionally spend time with them.
- Be open to their feedbacks even if it is difficult to hear. Take it on face value and give attention to those comments.
- Continue to stay involved with your individual activities and hobbies and do not sacrifice it for the sake of this relationship.



My Personal Story

I did not have a proper support network. On and off a few wonderful people would come alongside, but you know what, I did not value them and on many occasions did not take their wisdom. I was caught up in a trap of self-pity and always wanted to scratch my needy emotions. I never valued plain wisdom :(

In fact, I hated that kind of relationships or more than hatred, I was afraid. There was once an incident when I even accused a very close and genuine friend of being jealous of my life. In fact, I failed to see that when I did not want to accept the truth being said, I kept on moving searching for new people, or people who would only say what I wanted to hear.

Hey listen! It is not the new friends you make but how you can stay connected with the old ones who know your past, present and see your future too.

Thank God, for today I have a good support network. I listen to them and allow them to ask me those tough questions. My staff, my mentors and especially my wife!

Don't get HIJACKED!. Intentionally put a good support network in place.

Getting into a relationship should be a slow, wise, accountable and a silent move. It is the marriage that needs to make all the noise. But sadly today, dating relationships make a lot of noise and marriages are becoming silent and some dead.