

## PHYSICAL BONDING: HOW FAR IS TOO FAR?\*

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Examine the following list of the progression of physical bonding and how far you have gone in your relationships. What were the consequences of your actions? For example, unwanted pregnancy, abortion, relationship ended, depression, anxiety, etc. Where do we as Christians draw the line as to how far we can go in a dating relationship without violating God's commands concerning healthy companionship and why? How will you and your significant other hold each other accountable to the boundaries you have agreed to? Will anyone else hold the two of you accountable? Did you ever skip over any of the items on the list and move on to the next thing? For example, let us say you just met someone and you immediately engaged in sexual intercourse without going through the other steps.

Embracing & Hand Holding

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Cuddling & Gentle Caressing

...

Polite Kissing on the Lips

...

Suggestive Conversation\*

...

Passionate Total Mouth Kissing

...

Intense & Prolonged Mouth Kissing

...

Fondling Breasts & Genitals Outside the Clothes

...

Fondling Breasts & Genitals Under the Clothes

...

Oral or Genital Stimulation to Orgasm Outside the Clothes

...

Oral or Genital Stimulation to Orgasm Under the Clothes

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Genital Intercourse

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\* Drs. Les & Leslie Parrot. *Relationships: How to Make Bad Relationships Better & Good Relationships Great*. Zondervan. Grand Rapids, MI. 1998. (Pg. 280). (\*My addition to the list.)