

## Teen Dating

When teenagers begin to form romantic or dating relationships, the relationship develops with regard to four dimensions of relationship:

### 1. Thinking about Relationship

There is a cognitive dimension where teens discover they have interests in common, enjoy the same activities, and generally understand one another in an intellectually stimulating way.

### 2. Feeling Fine in Relationship

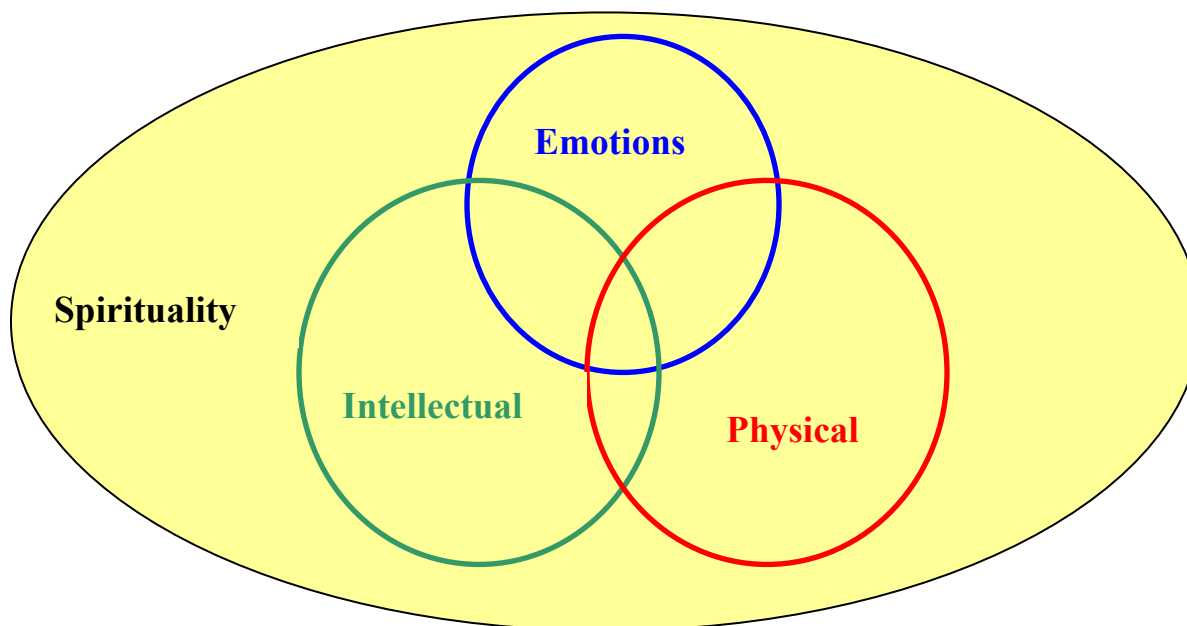
The affective dimension of dating relationships involves the emotional connection of teens, including joy, passion, excitement, frustration, anxiety, fear, and love.

### 3. Bodies in Motion

Physical attraction is not all that is involved in this physical dimension of the relationship of dating teens. This area also covers body language, posture, gestures, and general nonverbal communication over time.

### 4. Soul Mates

This spiritual dimension encompasses the first three dimensions and is a separate dimension of the teen dating relationship also (see figure below). This dimension includes values, morals, and ethical views in regard to the other three areas.



#### Sources:

Feldman, R. S. (2003). *Development across the life span* (3<sup>rd</sup> ed.). Upper Saddle River, NJ: Prentice Hall.  
Gray, J. (1997). *Mars and Venus on a date*. New York: Harper Collins.