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I realize that I may be tempted to chose a damaged or unavailable person to date or fall in love with, probably because they are unavailable or out of my own kindness or codependence. I realize that the prospects of a happy long-term love relation (which is what I say I want) are so low with the following types of people that it would be delf-destructive to even start dating any of them:

-  an active addict or alcoholic, or other dysfunctional person who needs but is not in a 12-step program,
-  anyone in AA or any other 12-step program with less than a year of continuous sobriety,
-  anyone who I know (in my heart of hearts) is incapable of or unwilling to love me,
-  anyone who I know (in my heart of hearts) is not attracted to me sexually,
-  anyone who I know (in my heart of hearts) I am not attracted to sexually,
-  anyone living more then 75 miles from me who has no present plan to move here, unless I have a present plan to move there (no long distance relationships),
-  anyone currently in a romantic relationship with (or married to) someone else, or still living with the "ex-lover,"
-  anyone who admits that he is emotionally unavailable (whether constitutionally, because of a recent breakup, or otherwise),
-  anyone over 30 who has not previously been in love unless he has been recently treated in therapy or 12-Step recovery program.
-  anyone terminally ill,
-  anyone chronically and seriously mentally ill, whether hospitalized or not,
-  for anyone gay, anyone straight (or not sure he's gay, or just "trying it out"),
-  for anyone straight, anyone gay (or not sure he's straight, or just "trying it out"),
-  an illegal immigrant who does not have good prospects of getting legal, long-term resident status,
-  anyone involved in criminal activity (especially a drug dealer), or
-  a criminal with more than 1 year yet to serve in prison.

**(Add a disaster from your personal experience:)**



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If I start to feel ANYTHING romantic for ANY of these people, I must STOP seeing them FAST! I may have 10 minutes to bail out after I feel the first warm tendrils of infatuation. Wait any longer than that and I will be hooked and in the relationship until it runs its course. That's the "10-Minute Rule." I can't say that I wasn't warned.