

# FamilyLife Blended® Radio Transcript

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## Dating: Wait Time?

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**Ron:** “Ron, after the end of a relationship, how long should I wait before dating again?”

**Announcer:** For FamilyLife Blended®, here’s Ron Deal.

**Ron:** You know, I used to recommend that people wait at least two years but let’s acknowledge that not all losses are the same, and therefore, not all grieving times are the same. I’ve known some people who suffered with their spouse through cancer for many years and they did a lot of grieving before their spouse died. They may not need as much time as someone who is suddenly abandoned by an unfaithful spouse.

The point is this; don’t let the rebound bug bite you where it hurts. Slow down in order to heal up. Let a few trusted friends and a recovery ministry or grief ministry speak into your life. And remember, time is your friend. Don’t rush it. For FamilyLife Blended I’m Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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