

Red Flags for Mentors

First, we want to make sure you understand: Every couple, no matter how happy, has problems from time to time. Having problems *is not* the red flag. It is the intensity and frequency of some problems that can preclude a couple from being effective mentors.

Why? Because it's difficult to invest in others when you can barely look beyond your own needs. Both, you and your spouse, need to be in a healthy place to be effective marriage mentors. After all, your relationship is the most important ingredient of the mentoring process. Marriage mentors are models of behavior. If one of you is suffering from anything that is preventing your relationship from being as healthy as it can be, give your relationship the focus it needs now. Once you make it through and get to the other side with deeper intimacy, you will be in a great place to be marriage mentors. (II Corinthians 1:3-4)

According to research, here are some of the most common conditions that serve as red flags that may keep a couple from being ready to be effective marriage mentors:

- You are currently battling any kind of addiction (gambling, pornography, drugs, alcohol, etc.)
- You have uncontrollable emotional outbursts that you have not yet managed.
- You have recently suffered a significant setback (financial, emotional, etc.)
- Your marriage is not stable or is fraught with frequent conflict.
- You have suffered serious emotional wounds from some kind of abuse in your life and you are still trying to find healing.
- You are struggling with significant financial debt.
- One of you is far more motivated to become a marriage mentor than the other.
- You do not have a sense of meaning and purpose in your life.
- You are pessimistic about marriage in general.
- You avoid personal responsibility for problems in your life.
- You are not content and at peace with your life and your marriage.
- You are not living your life by submitting to Biblical principles.
- You are primarily motivated to be marriage mentors to help your own marriage.
- You have been told by others that you may not be in a good place to be marriage mentors right now.

For more information, read *The Complete Guide to Marriage Mentoring*, pages 39-41.