

What People are Saying about:
Things to Know Before You Say “Go”

By Dr. Elsbeth Martindale

“Elsbeth Martindale’s, *Things to Know Before You Say “Go”*, book and cards are an engaging way to get students thinking and talking about all-important relationship topics. At the high school level, students are developmentally ready to learn about themselves and analyze their love relationships, but often don’t know how to go about it. The book and cards present a fun, non-threatening path to self-knowledge and a way to open up to each other. I hope that many students will access the cards and become more thoughtful upon entering romantic relationships.”

-Nancy Sullivan, Librarian, Madison High School, Portland, OR

“I like to use the cards as a way of starting a conversation with my daughters. I like that the cards are tactile and that I can nip away at them here and there, drawing a card at random and seeing what it brings up, for me as well as for my daughters. I like the option of sorting them into piles. I love the idea of my daughters using them when they move from friendship to more serious dating, to relationships and on to commitment. It’s so nice to have a visual thing that is not strictly a book... something you can shuffle up, put a few in a pocket, draw one of more at random. They are so much more versatile than a worksheet or a teaching guide with a binding. I would highly recommend this deck to others. Oh, if we’d only had this deck when I was growing up.”

-Tave Fasce Drake, Artist and Educator, Portland, OR

“Elsbeth’s cards were very well received by my community college women in transition students. Also a great gift for your teen daughter who thinks the Twilight vampire books depict a desirable, healthy romantic relationship.”

-Shoshana D. Kerewsky, Psychology Professor, University of Oregon

“I received your cards and book yesterday, and sat down to see what you have been up to. I had them about half an hour, when my daughter, age 20 and not in a relationship, took them from me. Soon they were spread over the kitchen table and she was writing down all the questions that she really liked. She said, “These are really good questions.” Naturally I gave them to her, and will order another set for me. I hope she takes them back to college with her, shares them with her friends and they all start talking about these important questions. See what a difference your work is making!”

-Mary Hilken, Therapist, Washington DC

“I bought your cards called *Things To Know Before You Say “Go”* for women who are contemplating dating. I have not only used them in sessions but also sent them home with moms and teen daughters to use together as they share their experiences and perspectives. I’ve even used them with children who have trouble making quality friends. With a quick pre-sort to make it appropriate to friendships, I have helped kids identify safe friendships. Thanks for your innovative tools!”

Kali Miller, Ph.D., Psychologist, Portland, OR