



Love

- 6 different ways we commonly use the term (1973 & 1998 studies)
 - Eros (romantic love)
 - Ludus (game-playing love)
 - Storge (friendship love)
 - Mania (possessive, dependent love)
 - Pragma (logical love)
 - Agape (all-giving, selfless love)
- 2001 study – narrows to two
 - Passionate love (intense arousal, attraction, & emotions)
 - Companionate love (a bond of trust, caring, & respect)

Love and Culture

- 2006 Study
 - Americans – say I love you more frequently & with more people than most other cultures
 - Middle Eastern cultures – I love you should only be said between spouses
 - Eastern Europe, India, Korea – use the phrase sparingly as using too often diminishes power

Discussion Questions

- What is love?
- When you say “I love you” to your girlfriend/boyfriend/partner what do you mean?

PASSION/Love/Commitment

- Passion
 - Intensely positive feelings
 - Powerful physical attraction
 - Does not have to be sexual
 - Lust = sexual passion

Passion/LOVE/Commitment

- Love
 - Present moment
 - Contented companionship
 - Involves trust, caring, friendship, respect
 - Fueled by rewards & gratifications we receive

Passion/Love/COMMITMENT

- Cornerstone of long-lasting relationships
 - Cement
- “Commitment is far better than passionate love in predicting the continuation of a relationship”
- “Investments generate commitment”
 - Investments = things you don’t get back
 - Material (things)
 - Emotional (give trust, share emotions)

Discussion Questions

- Life as a couple is full of speed bumps that disrupt the flow of life; can a couple survive the speed bumps with just love?
- How can a relationship survive on commitment alone?

Questions to ask yourself about your relationships?

- Is it passion or love?
- Are you using “I love you” in the same way?
 - Are you thinking long term? Present?
- Are you giving more and receiving less?
- What are you investing vs your partner.

Questions to ask yourself about your relationships?

- If we hit a bunch of speed bumps am I committed to the relationship
 - Would you work to survive the bumps
 - OR would you decide easier to bail?