

ARE YOU REALLY IN LOVE? - TEACHER KEY

Perhaps you thought "yes" answers revealed true love. Not so. It is the "no" reply that counts in each case except for questions 7 and 9. The reasoning? Read on...

1. Real love does not happen all of a sudden. You "fall" off a bike, you don't "fall" in love. Most of us like the romantic image of "our eyes met across the dance floor, it was love at first sight", etc.--grow up! In real life, you can "fall into infatuation", but love takes time to build and grow.
2. Jealousy is not a sign of true love, but rather a dead give away for infatuation. One mistaken idea is that the stronger the jealousy, the stronger the love or commitment. Jealousy is really possessive and repressive--definitely not wanted in a 90's relationship. Dr. Theodor Reik says that people who suffer acutely from jealousy often have an underlying sense of insecurity which leads to an overwhelming need to be loved. As a result, they can be extremely jealous even though they may not be in love at all.
3. Sighing and day dreaming are signs of infatuation, not love. REAL love is centered around the other person with your whole behavior directed toward his or her welfare and happiness. Dr. Henry A. Bowman of the University of Texas explains: "If the one in "love" becomes absorbed in his/her own misery at being separated from the adored one or in daydreaming about them, this person may be in love with "love", not with the other person."
4. Love does not diminish when one is away from the loved one. If you love a person more when you are with him/her, chances are your judgement is being influenced by the charm and excitement of his/her presence. It may be a sign of infatuation.
5. Real love is not blind to another's faults. The person in love knows and understands the other's shortcomings but cares deeply, nonetheless. He/she would never make fun of or point out these shortcomings to others just to get a laugh.
6. An unhappy home life can trick you into thinking you're in love. There are many marriages that do not survive because the young couple really wanted to escape from pressures they considered unbearable at home. When they married, they found the "escape" came with its own set of pressures they were not prepared to handle.
7. Find out early in a relationship what each of you value--it will save much heartache later. Learn about each other's feelings regarding children and money,

ARE YOU REALLY IN LOVE? - TEACHER KEY - Page 2

work habits, expectations of each within the relationship concerning housework, child care, wage earning, etc. Religion* is an important issue to discuss if any of the following circumstances apply:

1. If either of you were brought up in a religious household... If you were, you will most likely expect to bring up your family much the same way. You may not think about it now when there is just the two of you, but look down the road when you have a family, that is when complications can arise.
2. If you have been raised with different religions... It may not seem like it is important now, but ask yourself, "How will we celebrate religious holidays like Christmas and Easter, family events such as Christenings or Baptisms?"
3. If one of you, but not both, have a strong religious preference... If neither of you care, then you are in agreement, and you may sail through this subject. If only one cares, ask yourself, "Am I willing to attend important church services alone without my spouse, and will I, without putting the other person down, be willing to give all religious training to my children without his/her help? If you are, no problem.
4. If your parents or other extended family members have strong religious preferences that are in opposition of each other... You may find yourself caught in the middle when both sets of grandparents expect certain religious ordinances, rites, or services done in just their way.

*Keep in mind that it does not matter if the religion of topic is Muslim, Catholic, Mormon, Jewish, or whatever. Religion is a very personal subject and considered sacred by many individuals.

8. While all of this is important, it is not the only thing in a relationship.
9. Are you a team looking for the positive things in life, or is he/she really just someone to be angry about life with?
10. Intimate moments should remain private. Ask yourself why you feel a need to impress your friends with this information. Do you care more about your friends approval or your "beloved's" feelings?