

Announcements

“Who Am I” due 02/01/18

Class Agenda

- Tonight: Chapters 2 & 3
- Next Week: Chapter 5

“Love is, above all else, the gift of oneself.”

Jean Anouilh

“Before I met my husband, I'd never fallen in love, though I'd stepped in it a few times.”

Rita Rudner

Share the Following

- First Name
- Favorite Color
- Favorite Food
- Favorite TV Show
- Favorite type of Music
- Dream Vacation—Who would you take?

Small Group Exercise

- Define “Family”
- Identify Family Functions (what do families do)
- List Family Values

Love is...

- A man falls in love through his eyes, a woman through her ears.
- Love is an act of endless forgiveness, a tender look which becomes a habit.
- The fate of love is that it always seems too little or too much.

Love is...

- When one is in love, one always begins by deceiving one's self, and one always ends by deceiving others. That is what the world calls a romance.
- Immature love says: "I love you because I need you." Mature love says: "I need you because I love you."

Love is...

- Whoso loves believes the impossible.
- Real love is a pilgrimage. It happens when there is no strategy, but it is very rare because most people are strategists.
- When first we met we did not guess
That Love would prove so hard a master.

Love is...

- Well, love is insanity. The ancient Greeks knew that. It is the taking over of a rational and lucid mind by delusion and self-destruction. You lose yourself, you have no power over yourself, you can't even think straight.
- Love does not consist in gazing at each other but in looking together in the same direction.

Love is...

- I do not think that what is called *Love at first sight* is so great an absurdity as it is sometimes imagined to be. We generally make up our minds beforehand to the sort of person we should like, grave or gay, black, brown, or fair; with golden tresses or raven locks;—and when we meet with a complete example of the qualities we admire, the bargain is soon struck.

Myths of Love

- Love alone should lead to Marriage
- Love will see you through anything
- If you are really in love you will never have any problems/disagreements

Love & Needs

- Love can satisfy ***Legitimate Needs*** of emotional support, understanding, companionship, and emotional sharing.
- Love cannot satisfy ***Illegitimate Needs*** arising from feelings of self doubt, unworthiness, or inadequacy

Wheel of Love

- Rapport
- Self-revelation
- Mutual Dependence
- Intimacy Need Fulfillment

Relationship Frames

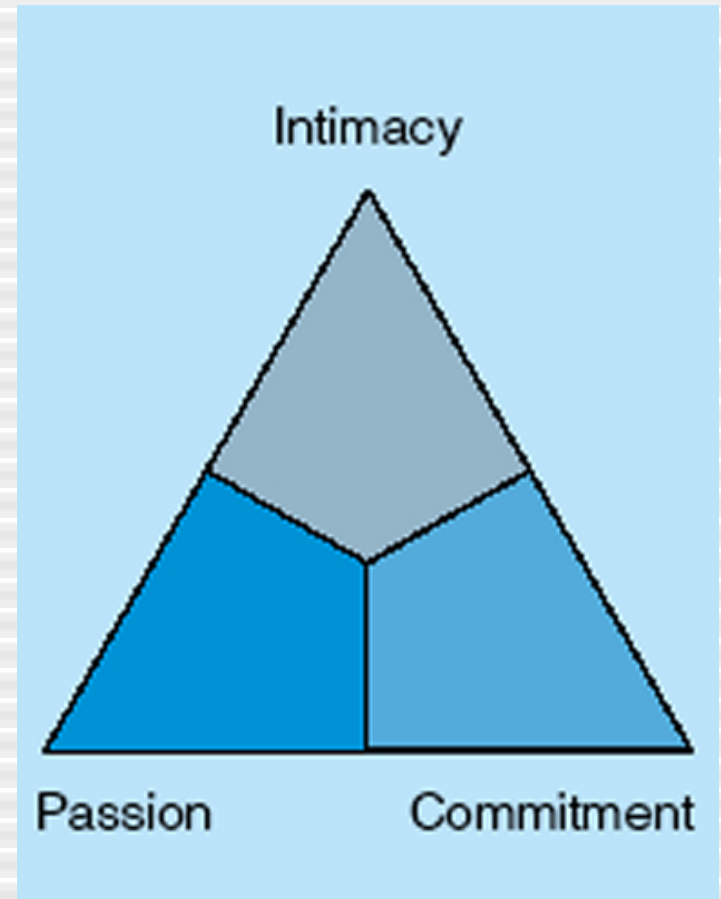
- “A” Frame—high togetherness, low independence
- “H” Frame—Low Togetherness, high Independence
- “M” Frame—High Togetherness, High Independence

Goldstien Stages of Love

- Falling in Love
- Disappointment
- Acceptance

Sternberg's Triangle of Love

- **Nonlove:** Absence of all three elements.
- **Liking:** Intimacy without passion or commitment.
- **Infatuation:** Passion without intimacy or commitment.
- **Romantic love:** Intimacy and passion without commitment
- **Companionate love:** Intimacy and commitment without passion.
- **Fatuous love:** Passion and commitment without intimacy.
- **Empty love:** Commitment without passion and intimacy.
- **Consummate love:** Combination of intimacy, passion, and commitment.



Love and Friendship

LOVE

Friendship

Enjoyment
Acceptance
Mutual Assistance
Trust
Respect
Understanding
Spontaneity
Confidence

Passion Cluster

Fascination
Exclusiveness
Sexual Desire

Caring Cluster

Champion/Advocate
Giving the Upmost

Love in Strong Families: Appreciation and Respect

- In strong families where there is a mature loving relationship, the expression of appreciation permeates the relationship.
- Mature love will always include appreciation of the loved ones, including the spouse, children, parents, grandparents, or simply good friends

Love

- Romantic Love
- Infatuation
- Loving and Liking
- Love is What you Make it

Styles of Loving

- Best Friends
- Game-Playing
- Logical Love
- Possessive Love
- Romantic Love
- Unselfish Love