

"Components of Love/Healthy Relationship"

THREE COMPONENTS DESCRIPTIONS AND EXAMPLES

Non-Love: No Components

An acquaintance or someone you have met but do not socialize with outside of a particular environment.

Example: You are introduced to Michael through your friend. You now know who Michael is when you see him, but you do not talk to him when your mutual friend is not present.

Romantic Love: Passion and Intimacy

A couple feels close to one another and they are physically attracted to each other. This is usually in the Romantic Stage of a relationship.

Example: Sara and Jan started dating a month ago. They spend a lot of time together and IM each other when they are not together. Sara thinks Jan is perfect. Jan thinks Sara is the perfect woman for her.

Dependent Love: Intimacy

An individual feels a closeness to someone but has no control over commitment.

Example: Jenny is 5 years old. She feels very connected to her mother, but she does not have control over when she sees her. Jenny's ability to spend time with her mother is dependant on her mom's initiative.

Empty Love: Commitment

A couple has decided to maintain the relationship but they do not share feelings of closeness and are not physically attracted to one another. This can sometimes be seen at the Stability Stage of a relationship.

Example: A couple that decides to stay married for their kids, but does not nurture their own relationship (i.e. sleep in separate bedrooms, does not spend time together without their kids).

Fantasy-Love: Passion and Commitment

This is also called *Fairytale Love*. There is a physical attraction to the other person and a commitment has been made to maintain the relationship. This can sometimes be seen in the Romantic Stage of a relationship.

Example: Michael and Tisha have been dating for a couple of months. Michael is called to fight in Iraq. They decide to get engaged before he leaves for military service.

Infatuation: Passion

A physical attraction or relationships with someone without a commitment. This person might "fall in love" with the next attractive person that comes along.

Example: Sam has a crush on Sara. Sam does not talk to Sara, but might get the courage someday.

Friendship/Companionship: Commitment and Intimacy

Two people that have an emotional bond and wish to maintain the relationship.

Example: Kim and Becky are best friends. They both understand each other's personalities and support each other. Kim and Becky like going shopping and out to dinner at least one a month to keep in touch.

Real Love: Commitment, Passion and Intimacy

This is a relationship that has all the components. It has matured over time and requires effort to maintain. This can be witnessed in the Real Love stage of a relationship.

Example: Two people have been in an exclusive relationship for many years. Their relationship has survived many ups and downs. They have had to overcome money problems, unemployment and some health scares. They got through these rough times with good communication, compromise, cooperation and commitment.