

Love Is . . . Love Isn't

There are many ways we can talk about love. But there are certain images and words describing what love is that lead to confusion and sometimes to bad situations if acted on. In fact, some of these messages are actually what love isn't. There are many things about love that can't be summed up in a word. Here are two lists to help you sort out what love is or isn't. These lists are to help you decide how you want to be treated.

Love is

- Responsibility
- Hard Work
- Pleasure
- Commitment
- Caring
- Honesty
- Sex
- Trust
- Communication
- Sharing
- Compromising
- Closeness
- Recognizing Differences
- Vulnerability
- Openness
- Respect
- Friendship
- Strong Feelings

Love Isn't

- Jealousy
- Possessiveness
- Pain
- Violence
- Sex
- Obsession
- Being Selfish
- Cruelty
- Getting Pregnant
- Making Someone Pregnant
- Dependency
- Giving Up Yourself
- Intimidation
- Scoring
- Fear
- Proving Yourself
- Manipulation
- Expecting All Your Needs to be Met

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