

FOURTEEN CLUES TO DISTINGUISH LOVE AND INFATUATION

Ray E. Short *Sex, Love or Infatuation: How Can I Really Know?* Augsburg Publishing House, 1978

CLUES	CHARACTERISTICS	
Questions to ask	If it's romantic love...	If it's real love...
<i>The Nature of the Attraction</i>		
1 What is your main interest? What attracts you most?	Person's "physical equipment"; the body; what responds to the five senses.	The total personality; whole person; what's <i>in</i> the body.
2 How many things attract you?	Few—though some may be strong	Many or most.
<i>The Course of the Romance</i>		
3 How did the romance start?	Fast (hours or days).	Slowly (months or years).
4 How consistent is your level of interest?	Interest varies, comes and goes; many peaks and valleys; not consistent or predictable.	Evens out; gets to be dependable, consistent; can predict it.
5 What effect does the romance have on your personality?	Disorganizing, destructive; you act strangely, are not "yourself."	Organizing, constructive; you're a better person.
6 How does it end?	Fast—unless there has been mutually satisfying sex.	Slowly; takes a long time; you may never be quite the same.
<i>Two Views of You</i>		
7 How do you view each other?	You live in a one-person world. You see the other as faultless, idealizing him or her.	You add the new relationship to former ones. You are more realistic, admitting other's faults, but loving anyway.
8 How do others view you two? What's the attitude of friends and parents?	Few or none approve of the relationship.	Most or all approve. You get along well with other's friends and parents.
<i>Double Trouble</i>		
9 What does distance (long separation) do to the relationship?	Withers away, dies; can't stand the added stress.	Survives; may even grow.
10 How do quarrels affect the romance?	They get more frequent, more severe, and will kill relationship.	They grow less frequent and less severe.
<i>The Inner World of Love</i>		
11 How do you feel about and refer to the relationship? oneness.	Much use of I/me/my; he/him/ his, she/her/hers; little feeling of togetherness.	Speak of we/us/our; feel and think as a unit, a pair;
12 What's your ego response to the other?	Mainly selfish, restrictive; "What does this do for me?"	Mainly unselfish, releasing; concerned equally for each other.
13 What's your overall attitude toward the other?	Attitude of taking; exploit and use the other.	Attitude of giving, sharing; want to serve other's needs, wants.
14 What is the effect of jealousy?	More frequent, more severe.	Less frequent, less severe.
TOTAL PATTERN OF CLUES	Kid stuff; puppy love.	The real thing: true love.

Summary clue: In real love you love the person so much that you want them happy—even if you may not be allowed to share in their happiness.