

## NOTES ON LOVE

As one of the three legs of life's milk stool **LOVE - LIKE - LUST**  
(balance being an important attribute of stable milk-stools)

<b>LOVE</b>	An intense affection for another person.. A strong affection for or attachment to another person based on regard or shared experiences or interests.
<b>ROMANCE</b>	A long, fictitious tale of heroes and extraordinary or mysterious events A quality suggestive of the adventure and idealized exploits. . . . A love affair . . .
<b>ROMANTIC</b>	A strong, usually short-lived attachment or enthusiasm. Imaginative but impractical . . . not based on fact: imaginary

### WHAT YOU BELIEVE ABOUT A RELATIONSHIP SHAPES IT

If you loved me you would know what I want.	(mind reader-not read OPs feel)
I will give you and only you all my energy	(perfect relationship)
You give me and only me all your energy.	(perfect relationship)
Your job is to love me 'cause I don't love me.	(do me something)
Over-respect for men/women (anger close behind)	(childhood over-respect)
Challenge - I'll make you love me	(martyrdom and anger)
No contract - no clarity	(only own values apply)

Jealousy / possessiveness result from low self-esteem and lack of sharing fears by using enough words.

love is effort over time - change requires decision / support / plan  
love is effort over time - growth requires listen / talk / wait

**DISCIPLE** - One who subscribes to the teachings of a master and assists in spreading them.. an active adherent (stand up and be counted)

**DISCIPLINE** - training that is expected to produce a specific character or pattern of behavior, esp. training that produces moral or ethical improvement.

we learn by **MODELING-REINFORCEMENT-INSTRUCTION** use these to get what you want

We don't make others feel or control their feelings but we make invitations to others who then respond in certain ways with their reactions to the words we use and how we use them. Name calling for example :  
You are lazy-crazy-dumb-sick-bad-stupid-silly (the seven deadly sins of childhood)

we are reflections for each other / do we love them or our reflections? The answer, of course, is yes.  
finding out who they are, not our reflections, means listening without making judgments, asking questions without preconceived answers generates uncertainty. acceptance is work  
**LIVING WITH UNCERTAINTY REQUIRES FAITH, COMMITMENT, CURIOSITY, PATIENCE, AND LOTS OF TALK**

**TACT** from an article by Arline & Harlod Brecher on Dr. Janus, N.Y. Medical College

<b>T - THOUGHTFULNESS</b>	-	anticipate others feelings, ask about feelings, listen
<b>A - APPRECIATION</b>	-	don't take for granted, thanks for ordinary things
<b>C - COMMUNICATION</b>	-	take time, be sensitive to soft spots
<b>T - TIMING</b>	-	work with difficult things when they are easy (plan ahead)

**POLITENESS - COURTESY - RESPECT - PATIENCE - DEVOTION - KINDNESS - HUMOR**  
(HEAVY ON THE HUMOR !!)

Trust your feelings - use your heart - think - take risks in your own behalf



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING**  
**YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**