



# Types & Stages of Love



# Stages of Love

## ■ Dislike

- “He’s a nerd, etc.”
- “I would never date her.”
- “He/she drives me crazy.”

## ■ Indifference

- Don’t care one way or another about that person
- When you see him/her you don’t feel anything for them

# Stages of Love

## ■ Attraction

- Fits you ideal person
- Perfect body, hair, coloring
- They are attracted to you

## ■ Infatuation

- *Increased hear rate*
- *More endorphins*
- *Excitement*
- *May fight and argue*
- *Can't stand to me without one another*

# Stages of Love

- Mature Love
  - Tender, Passionate, Protecting
  - Concerned, Interested in the other's happiness & well being
  - Creative, eager, wants to improve
  - Shares, thoughts feelings, attitudes, ambitious, hopes, interests
  - Thinking and planning in terms of "we" rather than "I"
  - Faults, weaknesses, and problems are faced together

# Characteristics of Love

- *Unconditional love asks for nothing in return*
- *Before you can love anyone else you must love yourself*
- *Platonic love is a love based upon friendship and respect and not physical attraction*
- *Love is vital to the well being of a person*
- *Love is a relationship which is best expressed by trust, honesty, and respect*

# ROMANTIC LOVE

*Also known as "puppy love", it is an exaggerated form of love.*



# SEXUAL LOVE

*The intimate expression of love. This type of love is best saved for a committed married couple*



# PRAGMATIC LOVE

*A rational reasoning kind of love.*



Arranged marriage



# PLATONIC LOVE

- *Spiritual and intellectual relationship between a man and a woman. Non-sexual*



# COMPANIONSHIP LOVE

*Typically found in good friendships*



# ALTRUISTIC LOVE

*Selfless love, or concern for the spouse.*



# MANIC LOVE

- *A crazy, possessive, jealous kind of love.*



# Unconditional love

- *Showing love towards someone regardless of his or her actions or beliefs*



# SELF-LOVE

- *A egotistic, narcissistic (self-centered) kind of love.*

