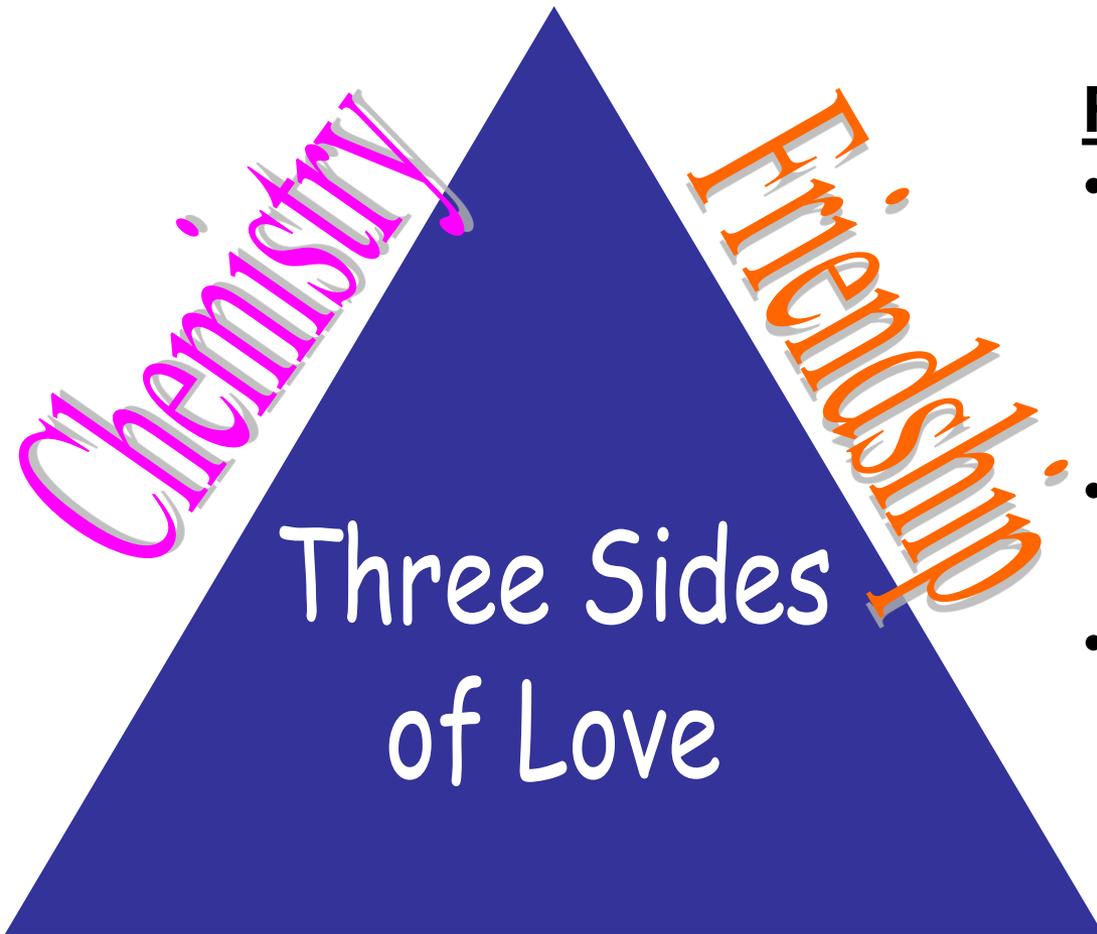




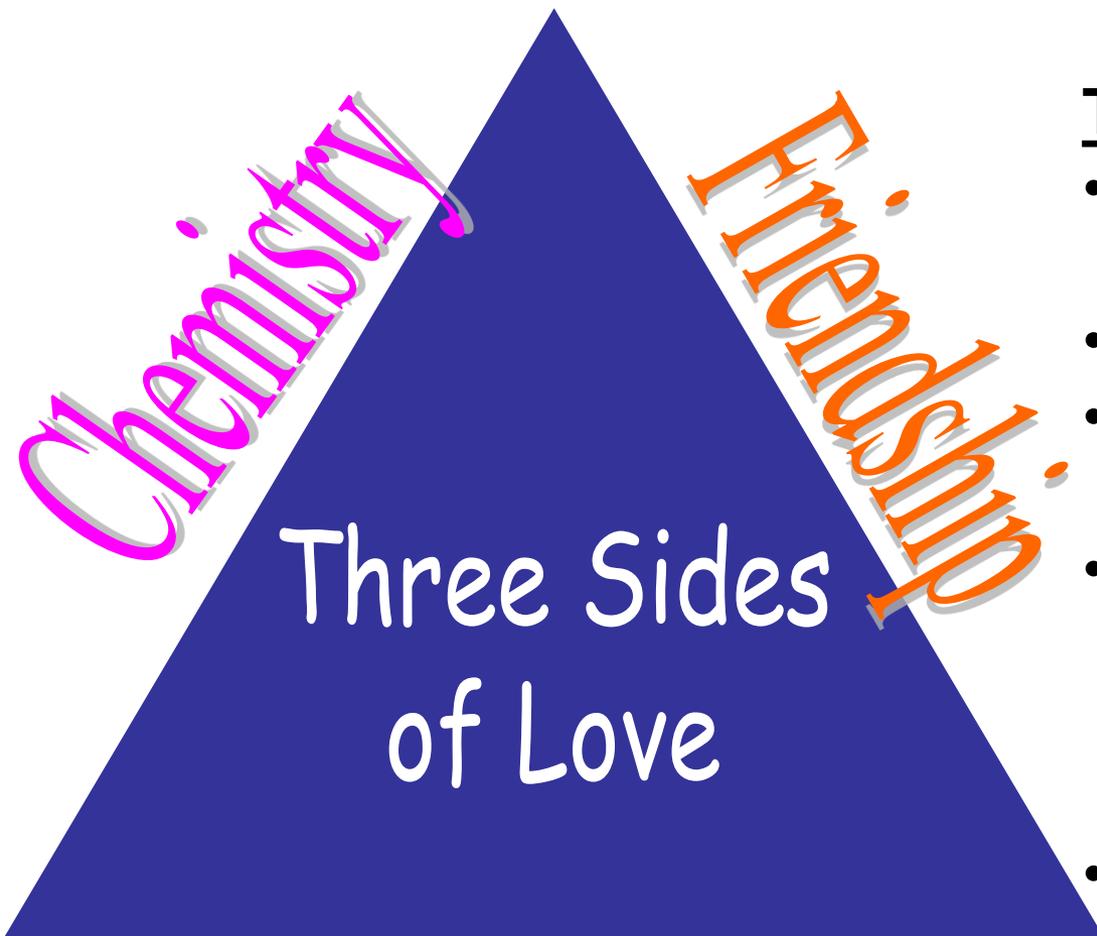
CHEMISTRY

- Chemistry is related to Eros.
- The invisible feelings that draw two people together.
- Chemistry is typically what gets love going, but it can not sustain it alone.



FRIENDSHIP

- Knowing someone well and being able to share thoughts & feelings freely.
- Accepting all of that person- the good & bad.
- Trust, sharing, honesty, communication, and support are key ingredients in friendship.
- You cannot be “sole mates” without feeling safe and comfortable to be the real you.



TRUST/ COMMITMENT

- Being able to trust someone.
- Committing to be faithful.
- Putting another's needs above your own.
- Being able to be there for one another and give support even through difficult times.
- Being willing to commit and invest in a future together.

#1 Which Side is Missing?

Maria and Chris were both 29 years old; they were great friends and found each other very attractive. When they were together, their time was very fulfilling. There was a lot of chemistry between them. They'd been dating for four years. They enjoyed each other and could talk for hours. But, they each made decisions in terms of what was best for each of them as individuals. Their careers took priority and both were unwilling to consider the needs of the other or plan for a future together. Each wanted to keep their individual options open— not wanting to miss any personal opportunity.

#2 Which Side is Missing?

When Tom and Mary were 19 years old they fell in love practically at first sight. They were magically drawn to each other and couldn't bear to be apart. They quickly got sexually involved and within two weeks had moved in with each other. A month later they eloped. A year and a half later they discovered they really weren't very compatible. They had totally different interests and values. They were not good friends, their communication wasn't very good and they didn't have much fun anymore.

#3 Which Side is Missing?

Kevin and Keisha were very good friends. They enjoyed talking to each other and could talk for hours. They shared tons of interests. They had no better friend. But there was no heat, no physical attraction, or chemistry. After 18 months of being inseparable as pals, they thought "Why not? Let's get hitched, since we're so compatible and enjoy each other's company."

3 Sides of Love

- Helps us understand what mature, healthy love is.
- Many relationships begin with chemistry, but it is important for the friendship side to develop if the relationship is going to deepen.
- Some relationships begin as a friendship and then grow into romance.
- Friendship, either way, is essential in developing trust/ commitment.