

Infatuation vs. Love

Table Activity

- Love cards are one color, infatuation cards are another.
- Each card has a match that deals with the same topic or theme.
- Working with your tablemates, read your cards and pair them together.
- When you have your matches all paired raise your hand and I will come by and check them!

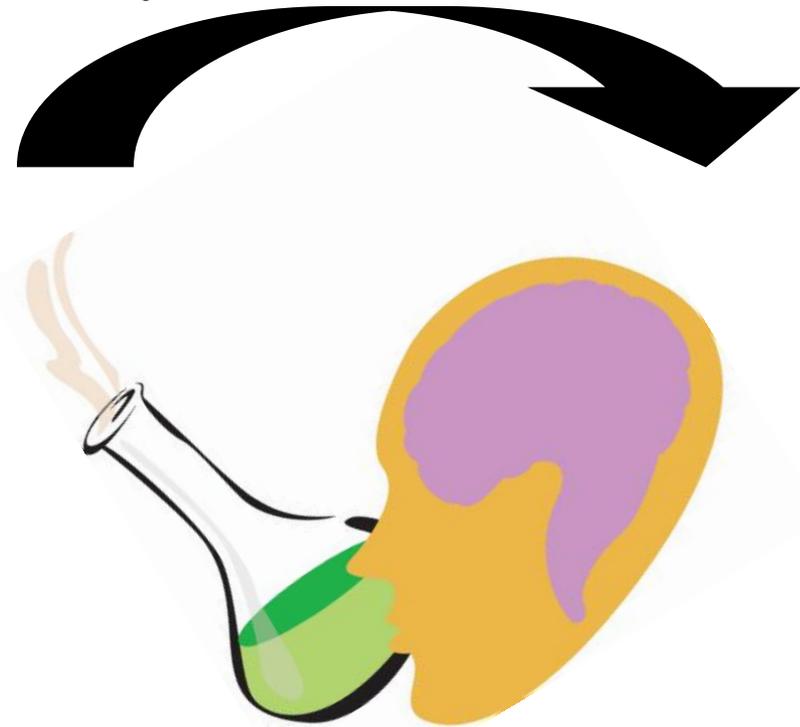


Attraction & Infatuation- The Chemistry Behind It

The Brain Chemistry of Love

The Love Chemicals:

- Oxytocin- linked to happiness and willingness to take risks
- Serotonin- triggers feelings of happiness
- Dopamine- natural simulant



For weeks or months you get a big shot of the “love chemicals.” Those chemicals make it easy to slide into risky or poor relationship choices.

The Brain Chemistry of Love



- The part of the brain that is stimulated during these intense feelings is the same part of the brain that is stimulated when taking drugs.
- You are “high on love!”
- People can become addicted to these feelings.
 - Patients in recovery programs are advised to wait at least 1 year before entering into a romantic relationship.

It's a lot like seeing a puppy. It looks so adorable and sweet.



But in reality you don't know
this puppy....



**If you get
too close,
you may get
hurt.**

Is it *LOVE* or is it...

IN  UATION?

The heart becomes FAT and overwhelmed with emotions and intense feelings.

You cannot think about anyone or anything else.

Tip: Enjoy the great feelings...but remember you won't see clearly until those chemicals settle down a bit. Make the focus be on getting to know the person, having fun. Go slow—go smart!

What does Love look like to you?

In your notebook write or draw an answer to this question. You may write a poem, draw a picture, write a short story or any other way you are able to express yourself.

Use some of the ideas that you included in the Mature Love section of your Relationship Pyramid.