

Family Living Unit 1

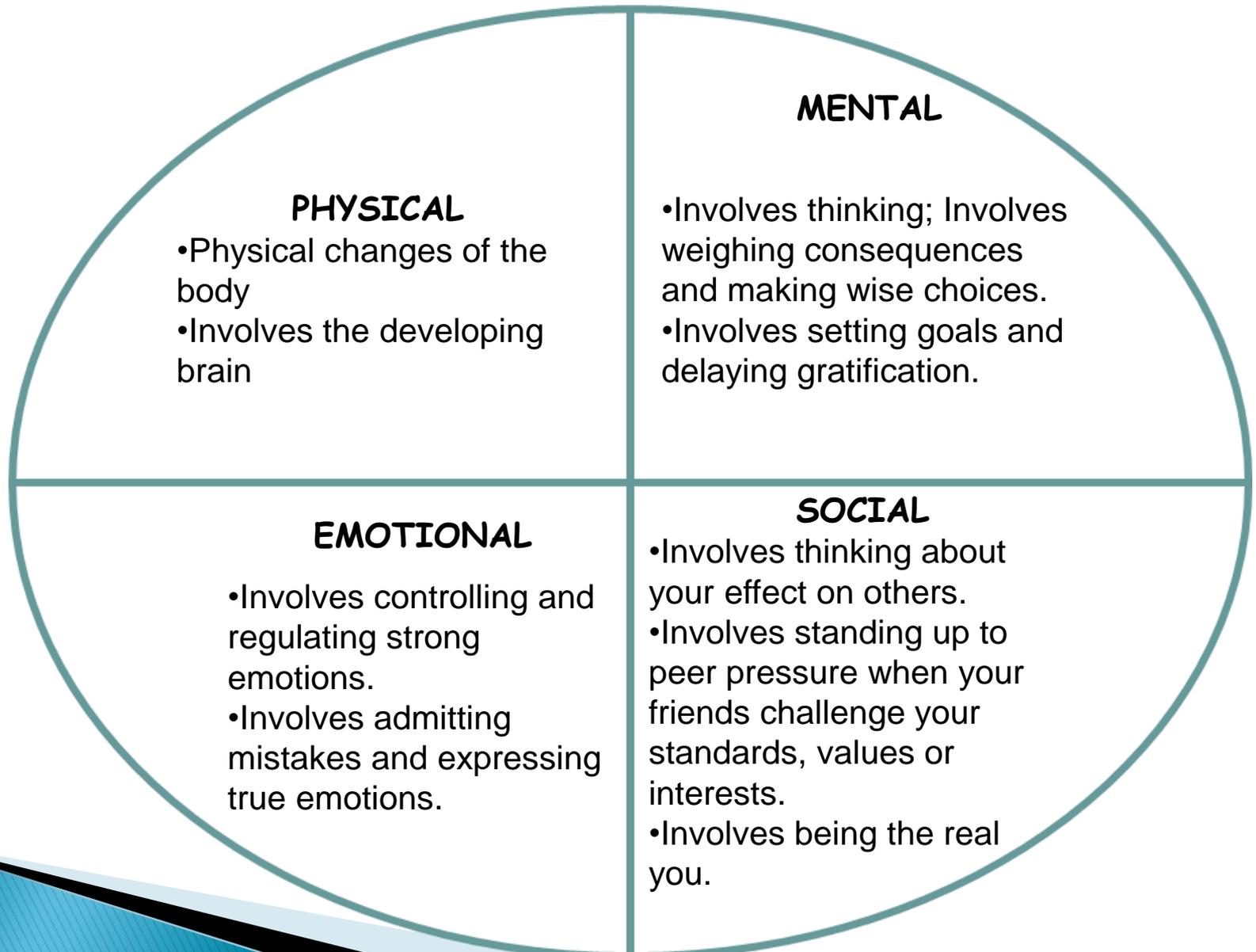
Test Review

Relationship Smarts: Lessons 1-4

Things You Will Need to Know...

- ▶ Four Parts of Maturity
 - ▶ 3 Parts of the Relationship Pyramid
 - ▶ Inverted Relationship Pyramid
 - ▶ Infatuation vs. Love
 - ▶ Agape and Eros
 - ▶ 3 Sides of the Love Triangle
 - ▶ 6 Parts of Intimacy
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Four Parts of Maturity



Relationship Pyramid

Where do our ingredients
fit into this pyramid?

Mature Love

**Deepening and
Developing Relationship**

Positive Starters



Inverted Relationship Pyramid

YOU HAVE NO COMMITMENT, NO TRUST!

Doesn't Feel Like a Friend

Few Common Interests; Time Together Not Much Fun

Communication Not Great

One-Sided Relationship

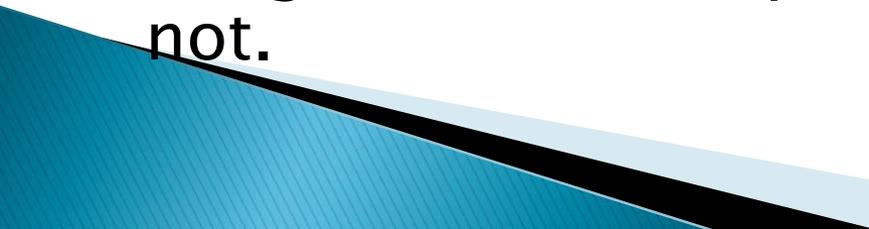
SEX

No Development

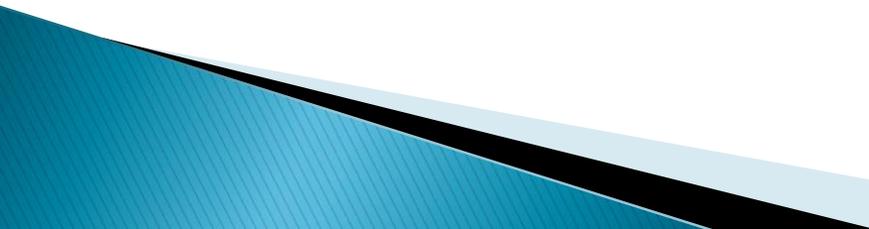
No Foundation

No Positive Starters

Infatuation vs. Love

- ▶ Infatuation is very focused on looks and attractions.
 - ▶ Infatuation makes you afraid that if the person saw and knew you as you really are, he or she might not like you any longer. Your focus is on looking and acting the way you think he or she wants you to.
 - ▶ Infatuation seems to happen all at once—often before you even know each other very well.
 - ▶ Infatuation might lead you to do things you don't really think are right just to keep the relationship. He or she tries to talk you into thinking something is right even when you know deep down that it is not.
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Infatuation vs. Love

- ▶ Infatuation is jealous, mistrusting, and uncertain. It makes you wonder and worry that you will be dropped when he or she is friendly with someone else.
 - ▶ Infatuation is “in a hurry.” It sometimes makes you plunge in head first, long before you know the person.
 - ▶ Infatuation covers up the fact that your values are out of sync. But, you overlook your nagging doubts because this person is the only one who matters.
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Infatuation vs. Love

- ▶ Infatuation is an emotional roller coaster with up and down emotions. Your day is made or ruined by whether your phone rings, or you are text messaged.
 - ▶ Infatuation can make you feel trapped. Your whole focus is on him or her. You sometimes feel you are missing out on other things and other people.
 - ▶ Infatuation uses the other person to make you look good. If you are honest you'll admit that if this person were not as popular or good-looking your feelings might not be the same.
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Infatuation vs. Love

- ▶ Love is learned and grows gradually. You don't need to rush real love.
 - ▶ Love makes you more likely to do what you know is right. Love will not ask you to do things you are morally unsure of or are not ready for.
 - ▶ Love means you can be the real you. You don't have to pretend to look or act the way you think he or she wants you to.
 - ▶ Love involves the total person...not only physical attraction and looks. Love admires personality and character traits as well. You enjoy doing things and talking together.
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Infatuation vs. Love

- ▶ Love involves trust. It brings security. You enjoy each other's friends without suspicions or jealousies.
 - ▶ Love is steady and unshakable with healthy emotions, not just up and down shifting and doubting feelings.
 - ▶ Love is freedom. Love gives you the security to reach out and explore what life has to offer.
 - ▶ Love, because it is patient, can wait for proper timing. If your love is true, it can develop at its own pace.
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Infatuation vs. Love

- ▶ Love does not expect you to compromise your values. In fact, love deepens as you discover that you share basic values.
 - ▶ Love doesn't use another person just to make you look good to others. You genuinely love him or her and enjoy being together.
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Agape v. Eros

▶ Eros

- “Chemistry” of attraction
- Associated with physical attraction and sexual desire.
- Eros is:
 - Self centered
 - About self gratification
 - Can be temporary

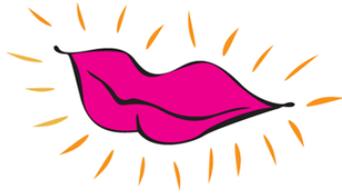
Agape v. Eros

▶ Agape

- The love of another person.
- Agape is:
 - Other-oriented
 - About strong affection– a warm, tender, and deep commitment to someone.
 - A giving and unconditional love with complete acceptance.

We don't often use the words Agape and Eros in everyday life, but relate these concepts to what we call Love and Lust!

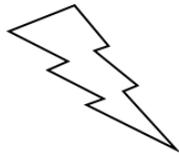
3 Sides of Love



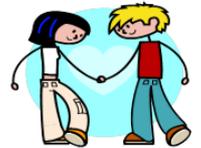
Chemistry



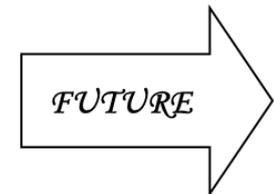
Friendship



Three Sides
of Love



Trust/Commitment



FUTURE

6 Parts of Intimacy

Physical	Physical Affection/Touch
Verbal	Talk
Emotional	Feelings
Social	Activities and Interests
Spiritual	Values and Beliefs
Commitment	Loyalty, Trust, Healthy Giving, Long-term View, Team-centeredness