

Prevention Pathways

Online Courses

Love Is/Love Isn't

There are many ways we can talk about love. Certain images and words describing what love is lead to confusion and people getting hurt. Some of the images and words are actually what love is *not* . Here are two lists to help you sort out what love is and is not. These lists are to help you decide how you want to be treated.

Love *is* :

- Responsibility
- Hard work,
- Pleasure
- Commitment
- Caring
- Honesty
- Sex, when both partners are willing
- Trust
- Communication
- Sharing
- Compromising
- Closeness
- Recognizing differences
- Vulnerability
- Openness
- Respect
- Friendship
- Strong feelings

Love is *not* :

- Jealousy
- Possessiveness
- Pain
- Violence
- Forced sex
- Obsession
- Being selfish
- Cruelty
- Getting pregnant
- Making someone pregnant
- Dependency
- Giving up yourself
- Intimidation
- Scoring
- Fear
- Proving yourself
- Manipulation
- Expecting all your needs to be met

Source: "Love Is, Love Isn't." Melrose, MA: Melrose Alliance Against Domestic Assault, 1999.

<http://www.samhsa.gov/preventionpathways>