

# Love Is ... Love Isn't

*There are so many messages and images about what love is when, in fact, it's not love at all.*

*Here are two lists to help you sort out what love is or isn't and how you want to be treated.*

## Love Is ...

Sex  
Hard Work  
Pleasure  
Commitment  
Caring  
Honesty  
Responsibility  
Recognizing Differences  
Friendship  
Sharing  
Strong Feelings  
Closeness  
Communication  
Vulnerability  
Compromising  
Openness  
Respect  
Trust

## Love Isn't ...

Jealousy  
Possessiveness  
Pain  
Violence  
Obsession  
Expecting All Your Needs to be Met  
Being Selfish  
Cruelty  
Getting Pregnant  
Making Someone Pregnant  
Dependency  
Giving Up Yourself  
Intimidation  
Proving Yourself  
Manipulation  
Scoring  
Fear  
Sex

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