You Complete Me?

Barriers to Intimacy Created by the “Myth of Romantic Love”

Somewhere there exists, the right partner for me. I must not “settle” for anyone else.

♥ This has to do with projecting my unconscious traits and past on to others.

That person will bring happiness, joy, and all that is missing in my life.

♥ This assumption means that this “magical other” will bring solutions to all of life’s problems.

Feelings of erotic attraction are an ultimate and reliable indicator of rightness in a relationship.

♥ This is not the only indicator.

The relationship should never change, nor should I expect the other to change.

♥ Change is a constant- change in growth, learning, increased awareness, and maturity.

If the relationship is right, there should be no conflict. Conflict should be avoided

♥ Life is difficult, conflict is normal, and relationships require work.
♥ Conflict avoided becomes unmet needs, resentment, and intimacy destroyed.
♥ Relationships are meant to mutually foster the growth and development of its members.

REAL LOVE means “being in love.”

♥ REAL LOVE requires work and a mutual regard for the well-being of the other.