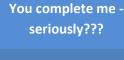
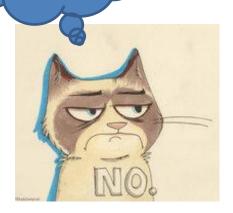
You Complete Me?

Barriers to Intimacy Created by the "Myth of Romantic Love"





(*Grumpy Cat*, 2013. www.grumpycats.com)

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 <u>ultimate</u> and reliable indicator of rightness in a relationship.

♥ This is not the only indicator.

The relationship should <u>never change</u>, 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.

Robert Johnson as Cited by Richard Sweeney, Ph. D. "Honoring Eros – The Many Faces of Passion and Desire," Presented at The C.G. Jung Association of Miami Valley, January 26, 2013.