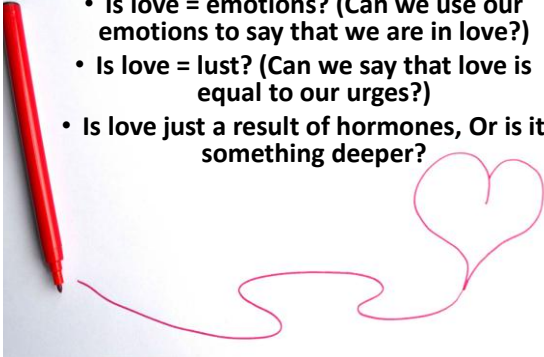


**The question is that
is your feelings
reliable enough?**




Core Questions:

- Is love = emotions? (Can we use our emotions to say that we are in love?)
 - Is love = lust? (Can we say that love is equal to our urges?)
 - Is love just a result of hormones, Or is it something deeper?
- 

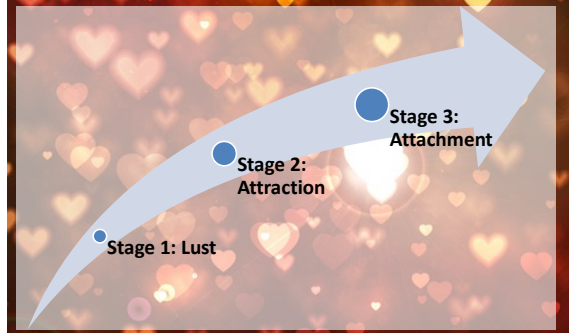
YOUR BRAIN

***Emotions/
Feelings***
are mainly
dictated by the
rush of the
hormones in
our brain.



THREE STAGES OF ROMANTIC LOVE

(Helen Fisher- Rutgers University)



STAGE 1: LUST

- A very strong sexual desire.
- A powerful psychological force producing intense wanting for an object or circumstance fulfilling the emotion.
- Driven by the sex hormones testosterone and estrogen.

**Why am I not in favor
that lust is the FIRST
stage of love?**

**LUST is never
equal to LOVE.**

**"Love exists
above the belt,
lust below. Love
is lyrical. Lust is
lewd." - John Money**

LUST VS LOVE

LOVE	LUST
Others-centered	Self-centered
Patient	Impatient
Easily satisfied	Hard to satisfy
Has nothing to hide	Loves secrecy
Brings peace	Brings guilt and shame
Faithful	Lacks commitment
Focused on the inward beauty of a person	Focused on the outward attractive appearance

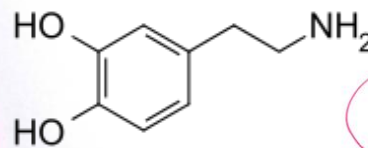
**You can love
purely without
the starting
feeling of lust.**

STAGE 2: ATTRACTION

- This is the time you are truly "lovestruck" and can think of little else.
- Controlled by hormones *dopamine, norepinephrine, phenylethylamine, serotonin.*

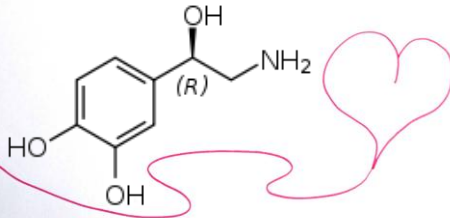
DOPAMINE

- "pleasure" chemical



NOREPINEPHRINE

- similar to adrenaline and produces racing heart and excitement.

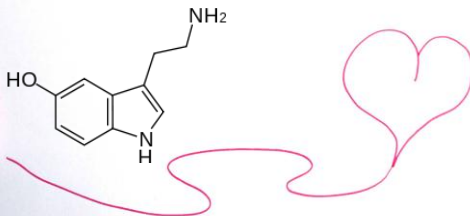


DOPAMINE + NOREPINEPHRINE →

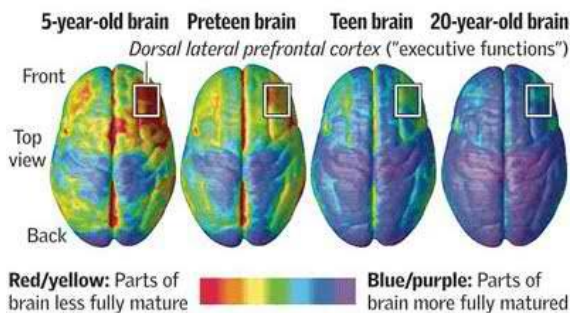
elation, intense energy, sleeplessness, craving, loss of appetite and focused attention

SEROTONIN

- "feels good" hormone
- infatuation hormone



The prefrontal cortex controls our emotions.

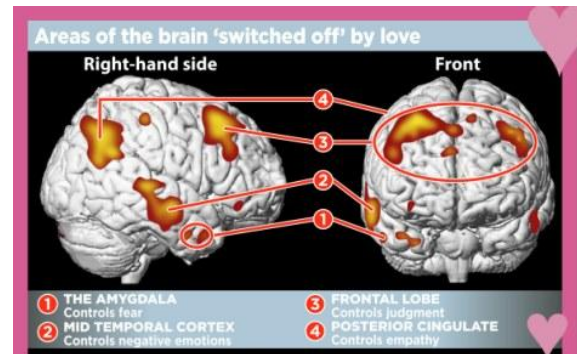


Sources: National Institute of Mental Health;
Paul Thompson, Ph.D., UCLA Laboratory of
Neuro Imaging

Thomas McKay | The Denver Post

At age **20** – it is only the time when the prefrontal cortex **FULLY DEVELOPS.**

'When you look at someone you are passionate about, some areas of the brain become active,' he says. **'But a large part is de-activated, the part that plays a role in judgment.'**
 –Semir Zeki



**Do not equate
infatuation with love.**

**There is attraction at
first sight, but not love
at first sight.**

All love starts with a **sense of attraction or liking** – physical, spiritual, intellectual or emotional. **Pero, hindi lahat ng pagkagusto ay masasabing tunay na pag-ibig.**

– Lovestruck I: Love Mo Siya, Sure Ka Ba?

STAGE 3: ATTACHMENT

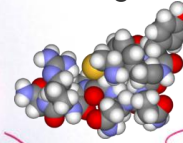
- If a relationship is going to last, people couldn't possibly stay in the attraction stage forever, otherwise they'd never get any work done!
- Deciding stage.
- Driven by oxytocin and vasopressin.

OXYTOCIN

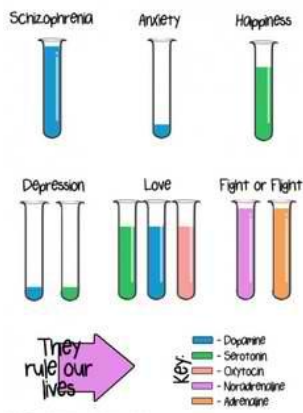
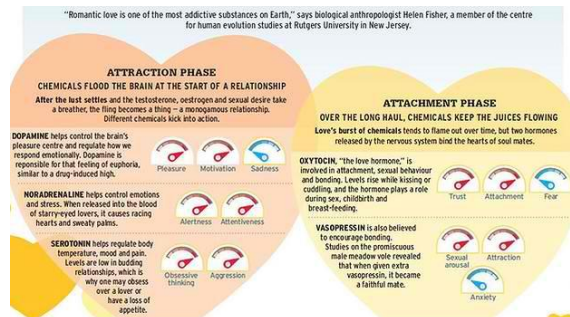
- associated with the ability to maintain healthy interpersonal relationships and healthy psychological boundaries with other people

VASOPRESSIN

- an antidiuretic hormone, is another chemical that has been associated with the formation of long-term, monogamous relationships



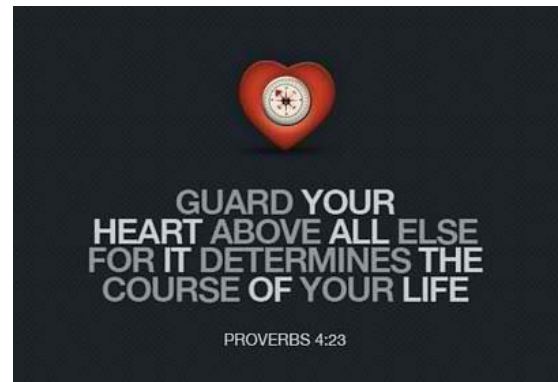
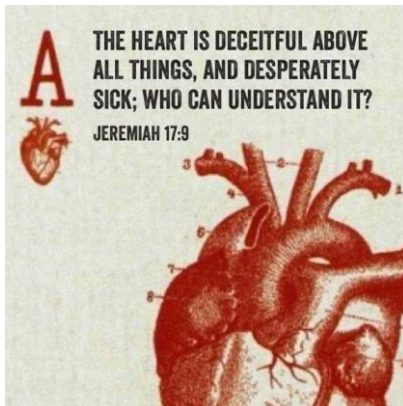
Oxytocin and vasopressin interfere with the dopamine and norepinephrine pathways, which might explain why **passionate love fades as attachment grows.**



At the right mix of hormones – right feelings are produced.

But **LOVE** is more
than right feelings.

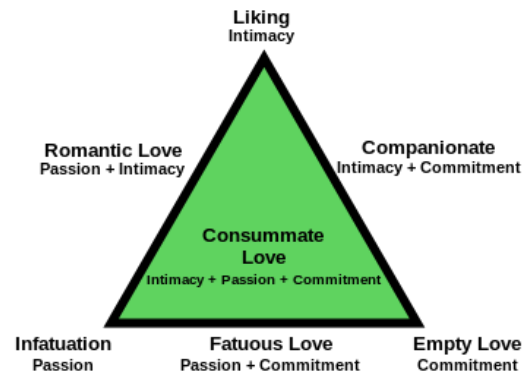
*That is why LOVE
is a **decision** – not
just a feeling.*



COMMITMENT

**Triangular
Theory of
Love**

- **Intimacy**
- **Passion**
- **Commitment**



Often we're pushing intimacy for the sake of intimacy – two people getting close to each other **without any real intention of making a long term commitment.**
(Hanggang attraction pero ayaw ng attachment.)

The joy of intimacy is the reward of commitment.

- Joshua Harris, *I Kissed Dating Goodbye*

Frequently Asked Questions:

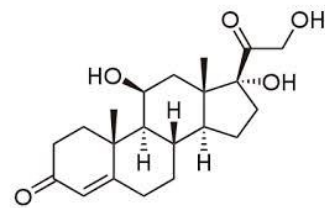
BAKIT MASAKIT ANG MABROKEN HEARTED?

1. You are attached. (Emotionally.)

*(We commonly think that we are attached
yet we are only attracted.)*

2. Because of cortisol.

CORTISOL – stress hormone



KASAMA BA TALAGA SA PAGMAMAHAL ANG MASAKTAN?

Oo.

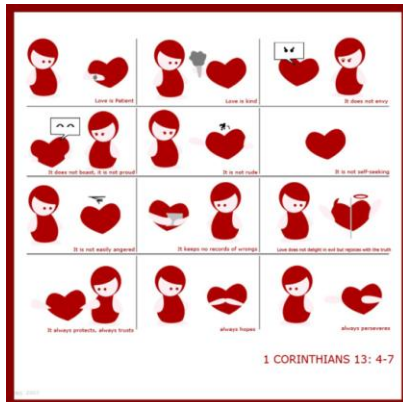
**All of us have our
imperfections.**

"Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable."

-- C.S. Lewis

**Kung ayaw mong
masaktan, wag kang
maggahal.**

**Pero kung masasaktan
ka, matuto ring
magpatawad. This is love.**



HOW TO LOVE?

**Loved people
love people.**

**You can't love without
first experiencing true
and genuine love.**

**You can't love without
defining love – and
without knowing **Love**
Himself.**

Love is **something
deeper than a mix of
chemicals.**

**WHEN IS THE
RIGHT TIME TO
LOVE?**

Payo ni Kuya DK:
**Kapag fully matured
na ang frontal cortex
mo. 😊**

Payo ni Kuya DK:
**Kapag season na para
magmahal – to find
your partner in life.**

**KELAN MO
MASASABI NA
TRUE LOVE NA
ITO?**

Payo ni Kuya DK:

It is true love when the three M's are correct: your **MOTIVE**, your **MINDSET** and the **METHOD**. 😊

	LUST	LOVE
MOTIVE	Dating is recreational (for fun.) Relationships through trial and error before finding the right person is just right for you.	Finding a marriage partner.
MINDSET	Essentially self-centered The whole process is about me. Will this person make me happy? Will this relationship meet my need?	Considering others above self. "How can I be the one for him/her?"
METHOD	Act as if you are married and see if you like it. Spend large amounts of time alone together. Growing physical intimacy and intensity at the same track as your emotional intimacy.	Commitment precedes intimacy. Ensure that significant amount of time is spent with other couples or friends rather than alone. Couples seek accountability.

Life is all about relationships. The rest is just details.

-Gary Smalley

FRIENDLY REMINDERS NI KUYA DK:

- Don't rush in having relationships. Di ka mapag-iwanan ng tren. May magandang promise si God sayo. (Jeremiah 29:11)

"For I know the **PLANS** I have for you"
declares the **LORD**
"plans to **PROSPER** you
and not to harm you,
plans to give you
HOPE and a
FUTURE."
Jeremiah 29:11

FRIENDLY REMINDERS NI KUYA DK:

- **Hormones lang yan. Ikaw pa rin ang may kontrol diyan!**

FRIENDLY REMINDERS NI KUYA DK:

- Enjoy your singlehood. Seize the day – *Carpe Diem!*

FRIENDLY REMINDERS NI KUYA DK:

- You have the freedom to choose – BUT remember- you are not free from the consequences of your actions.

FINAL WORDS:

You may know love as **LOVE**, but the Greeks have four words on love.

- Storge
- Eros
- Phileo
- Agape

Wala ka mang ka- “eros” ngayon (romantic love)..

Andyan ang pamilya mo to give you “**storge**” love (Family love.)

**Andyan ang mga kaibigan
mo to give you *“phileo”*
love... (Brotherly love.)**

**At siyempre, andyan si
Lord para bigyan ka ng
tunay at wagas na *“agape”*
love. (Unconditional love.)**

Thank you! 😊

Be patient, God is writing your love story.