Maphilca Lumapas on Love

**Love**: the will to extend one's self to nurture one's own or another's spiritual growth

**Love means:**

* Knowing the person
* Caring about the Person
* Accepting imperfection
* Growth for both people in the relationship

**Why love?** For survival, procreation, socialization, and affirmation

**Sternberg Triangular Theory:**Three elements of love can be provided in multiple ways, such as intimacy, commitment, and passion.

* All three elements combine to form consummate love.

**Unhappy Couples**

* engage in repeated demand-withdrawal interactions
* perceiving a partner through a suspicious lens
* Take things personally when getting into a conflict

**Long/Term Divorce**

* pre-divorce phase: unhappy but ambivalent
* separation phase: overload of real-world changes
* long-term impact: continual battles over the children can make chronic stressors

**Questions:**

If beauty is subjective, how does society heavily influence beauty standards?

Excluding the financial benefits of marriage, if it is known to decrease happiness after marriage, why do people get into marriage for the social aspect?

Why is love a difficult emotion to be consistent in?