

How Do I Know That It's True Love?



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“Now you have shown me what we asked of you.”

Dn 2:23

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“Now you have shown me what we asked of you.”

Dn 2:23



Who has never dreamt...

...about a love like in the movies?

Have you?



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- 1 Below, you will find some quotes taken from romance movies. The first one is a comedy, and the second is a drama: two different ways of looking at love, desire and commitment.

"I guarantee there'll be tough times. I guarantee that at some time, one or both of us is gonna want to get out of this thing. But I also guarantee that if I don't ask you to be mine, I'll regret it for the rest of my life, because I know, in my heart, you're the only one for me".



Runaway Bride

Reflect on the meaning of the statement:

Do you think that commitment is scary? Why?

How can we recognize true love?

How do I know whether the other person is made for me?

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"The greatest thing you'll ever learn is just to love and be loved in return."



Moulin Rouge



What happens when you're not loved back?

Do you think that love has a "name"? Is it personal?

Do you think that love is an answer/response?

After asking you to "dream", now it's time to come back down to earth:

Why do we want a movie type of love if it only lasts 2 hours?

Love is not something "romantic"; it's a reality that touches our heart and all of our person.

As we always say, you are the PROTAGONIST, so... **Lights! Camera! Action!**



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2. We invite you to put yourself in a situation that maybe you've already experienced, but that will help you to reflect:



THE FIRST DECISION

*I realize that
they like me,
and I like them,
too.*

What do I do?



- a) I go out with him/her.
- b) I wait. I don't know them.
- c) I let it pass, I'm not old enough yet.



What did you choose?

Explain why you decided as you did:

Now, analyze the following:

If you chose the first answer...Do you think that social pressure or the ideas floating around in your environment or class had an influence on your decision, even though it may not seem like it?

Think of a positive aspect of the other two answers:

What do you think is the best for you? What happens if you go out and after a little while you see that it's not in your best interest?

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3 Many times what we like or what attracts us is not the best thing for us. Consider these three situations:



A GOOD DECISION: THE BEST

Look at this delicious brownie covered in hot fudge sauce. Looks good, right?



Paul, Ellen and Soraya love brownies.
It's their favorite dessert!
But...

Paul is 18 years old and was diagnosed with diabetes. He can't have sugar. He has to really keep an eye on his diet for the sake of his health.

Ellen is 10 and she has been allergic to nuts since she was little.

Soraya has scoliosis. She has to do daily exercises and wears a back brace. She also has to eat a very balanced diet, because if she gains weight it will put too much pressure on her spine.



Do you think the brownie might sound good to them?

What do you think they should do?

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4 Share your ideas with your classmates and reflect together on what we have seen: social pressure about starting to go out; knowing how to wait; what is good for me vs. what I feel like...Summarize your conclusions:



The desire for love is written in every heart. That includes my own. And not just the desire to be loved, but the need to be loved back. Often times this need for love can be confused with "true love", and I end up embarking on relationships that don't lead anywhere good.

It is important to choose WELL, not just according to what I feel like. Many times what I feel like is not what is best for me, and doesn't coincide with my true desire to love and be loved.

5 Everything that we do in life is something that we have to be prepared for. This question is obvious, but...



Do you think that the person in this photo is prepared to drive a car or go to college?



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MATURITY IN RELATIONSHIPS



6 Your college major requires a certain level of maturity and prior knowledge.

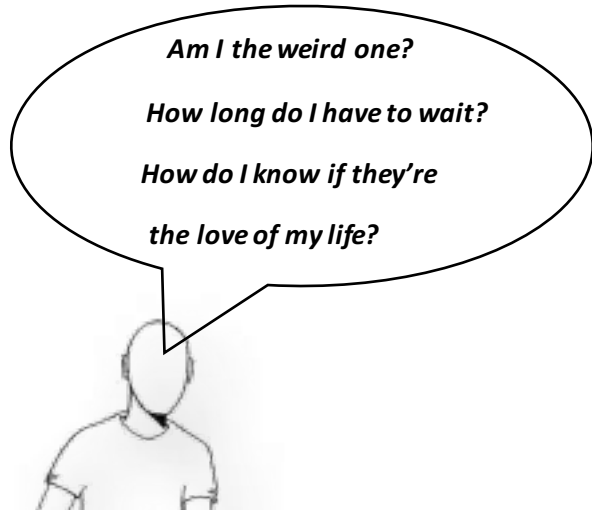
It is important to choose well and not make a mistake, but once you begin you can always decide to change your major if you're not happy with it.



Using this analogy, how do you feel like you've prepared yourself to begin a relationship? What do you think needs to be done when it comes time to start a relationship? Can you end a relationship?



THE LONDON SCHOOL OF ECONOMICS AND POLITICAL SCIENCE



7 Let's play a game!

HOT OR COLD!

As a class, choose one person who will have to leave the room while the rest of the class selects and hides an object. The game consists in the classmate who left the room trying to find it according to your directions. If he/she gets closer to the object, you say: HOT!, and if they get further away: COLD!

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8 The same thing happens with love. There are indications that help us see whether or not our relationship is going in a good direction.

This is what we call the THERMOMETER OF LOVE.

Below you will find some statements that indicate the stage of a relationship. In groups, choose the statements that indicate that a relationship is true love (RED) or not (GREEN).



You are a gift to me.

You bring out the best in me.

- When we are together I only notice your body.

I love you so much and I am so in love with you that I don't think about anything but you. You are my obsession.

- My relationship with you helps me to grow, to be better.

I want you all for myself.

- I already know things about you that I don't like, but I accept them.

We are taking our relationship one step at a time. We know how to wait.

I crave you.

I respect you.

I value you.

When we are together we talk about ourselves and we get to know each other more every day.

I try to change everything about you that I don't like.

- I love you so much that I want everything right now.

- I feel like I'm not myself. I'm always trying to please you.

- I only ever go out with you and I'm leaving my friends by the wayside.

- Since I have been with you my relationships with my parents and friends have improved.

I want what is good for you.



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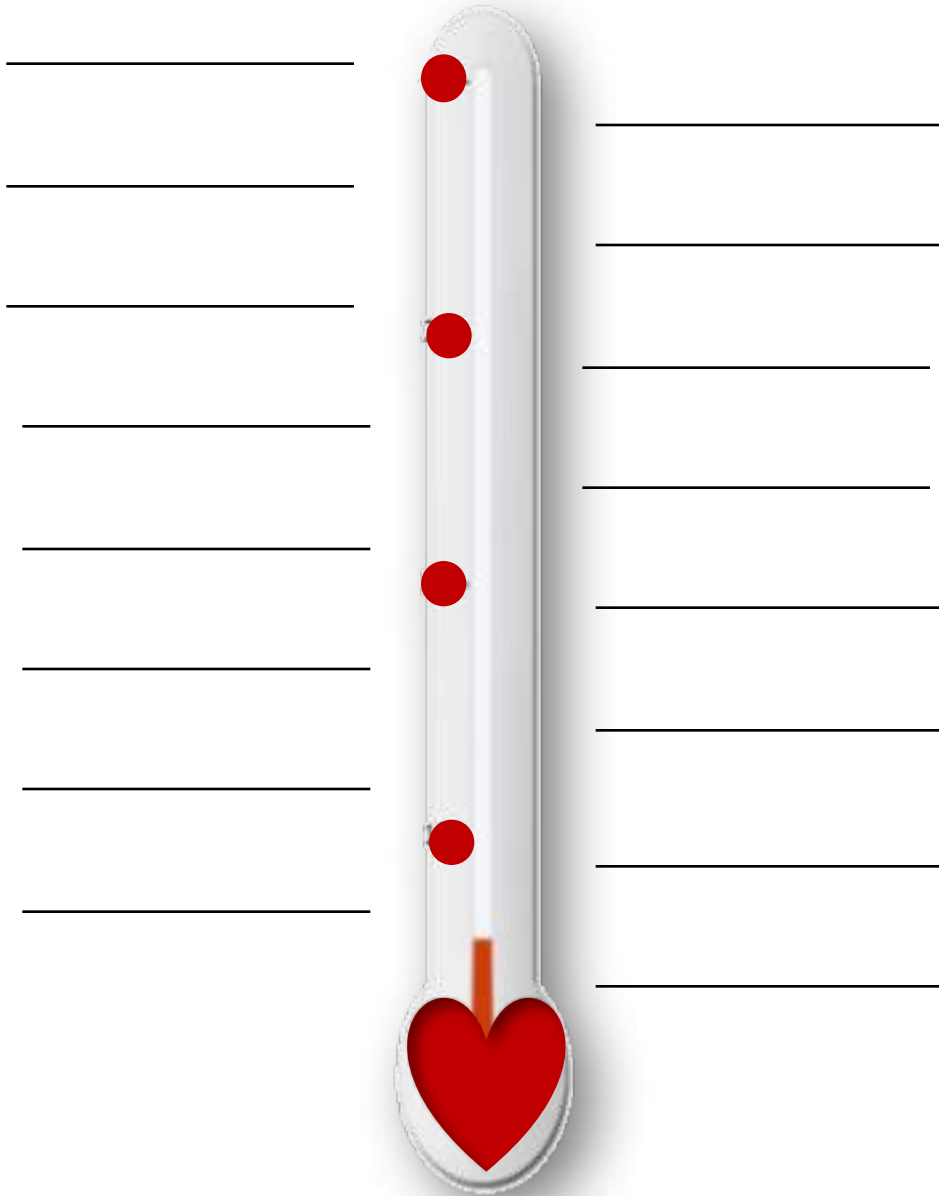
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9 This is your very own love thermometer. It's a GIFT!

Copy onto it the phrases that will help you to live out your relationship, discovering along the way whether or not it's true love.

Always keep it in mind in your life!

THE THERMOMETER OF LOVE



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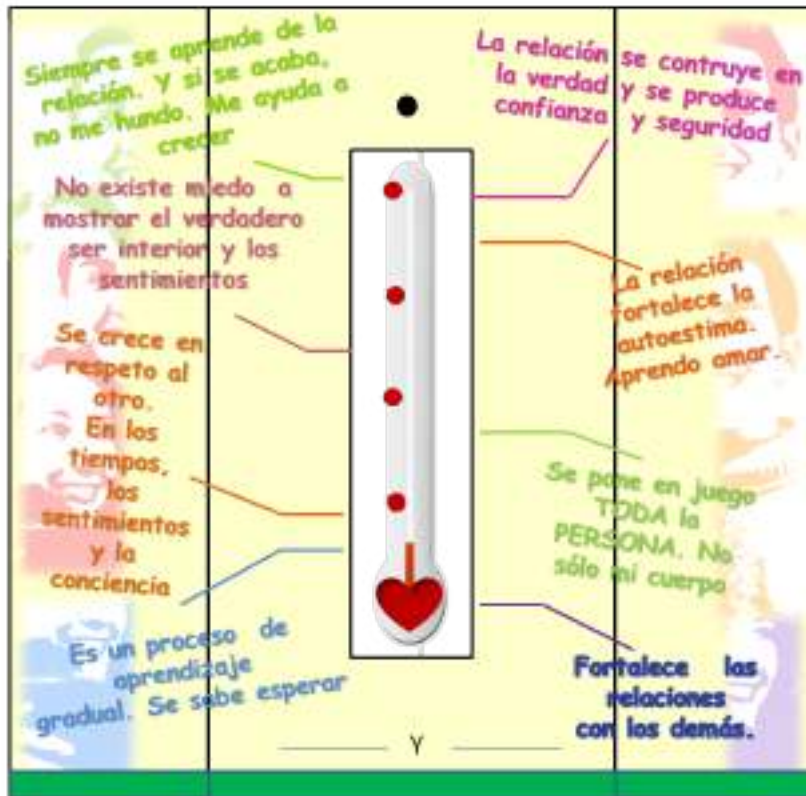
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10 HERE IS A PORTABLE THERMOMETER FOR YOU!



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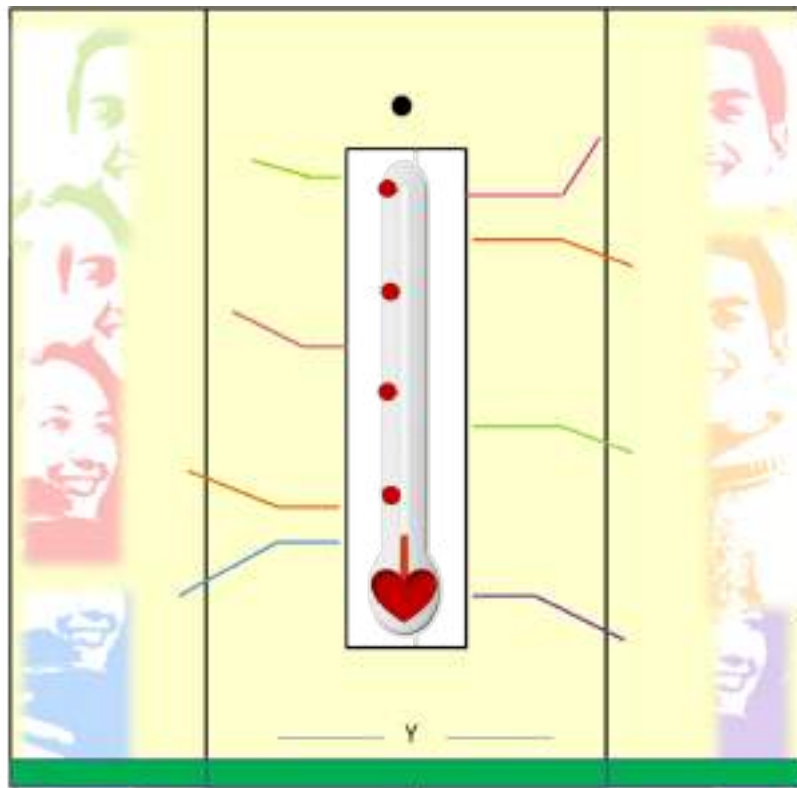


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You can make your own using your own phrases!



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11 Let's conclude the session with two songs whose lyrics are quite different from one another and reflect the two types of love that we've been speaking about: a hedonistic and utilitarian love, and a love of self-donation that seeks the good of the beloved.

TODO PEREZA

<https://www.youtube.com/watch?v=b-yEmwpE1wU>

Vuela, vuela, vuela conmigo,
cuélate dentro dime "chico",
dame calor, sácame brillo,
hazme el amor en nuestro nido.
No quiero nada, nada más,
me sobra respirar.
Sube, sube, sube conmigo,
déjalo todo, yo te cuido,
ven a Madrid, ten un descuido,
haz cosas mientras yo te miro.
No tengo miedos, no tengo dudas,
lo tengo muy claro ya.
Todo es tan de verdad
que me acojono cuando pienso
en tus pequeñas dudas, y eso
que si no te tengo reviento,
quiero hacértelo muy lento.

Todo, todo, todo, todo,
yo quiero contigo todo.
Poco, muy poco a poco, poco,
que venga la magia y estemos
solos, solos, solos, solos,
yo quiero contigo sólo,
solos rozándonos todo, sudando,
cachondos,
volviéndonos locos, teniendo cachorros,
clavarnos los ojos, bebernos a morro.

Sueña, sueña, sueña conmigo,
escribeme luego un mensajito,
dime hacia donde yo te sigo,
si tu te tiras yo me tiro.
No tengo miedos, no tengo dudas
lo tengo muy claro ya.
Todo es tan de verdad
que me acojono cuando pienso
en tus pequeñas dudas, y eso
que si no te tengo reviento,
quiero hacértelo muy lento

PARA TODA LA VIDA. EL SUEÑO DE MORFEO

<https://www.youtube.com/watch?v=31tECTDA2xY>

Si fueras una luz en el cielo,
dejarías en el paro al sol,
si fueras una luz en el cielo.

Si fueras como el viento en la arena,
llegarías hasta el corazón,
de quién se esconde como yo.

Si fueras solo la mitad,
te sobraría otra mitad,
cuesta creer,
que eres de verdad,
y si fueras para toda la vida,
si tú fueras para toda la vida,
yo sería la persona más feliz,
yo te quiero para toda la vida,
yo te quiero para toda la vida,
yo sería la persona más feliz. [x2]

Si fueras una gota de agua,
nadie volvería a tener sed,
si fueras una gota de agua.

Si fueras tan sólo palabras,
serías la más bella canción,
escrita nunca por amor.

Si fueras solo la mitad,
te sobraría otra mitad,
cuesta creer,
que eres de verdad.

Y si fueras para toda la vida,
si tú fueras para toda la vida,
yo sería la persona más feliz,
yo te quiero para toda la vida,
yo te quiero para toda la vida,
yo sería la persona más feliz. [x2]

para toda la vida
si tú fueras para toda la vida
para toda la vida

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After listening to the songs, first answer the questions independently, and then share your answers with the class.



What attitudes do these songs reflect?

What differences are there between these two types of love?

What characteristics would you use to describe true love?

Can you see how even if someone tells you they love you it might not be true love?



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Sometimes it's hard to distinguish my feelings, and I can mistake a love of friendship for attraction, a romantic feeling for a loving relationship, passionate love for complete, mature and true love.

How do I know if I am ready?

I have been prepared my whole life for this. Since I was born I have been learning to love and have experienced love, and I will continue to learn for the rest of my life.

Love has its stages: it is born, grows, transforms, gains maturity and commitment. Love is personal. I come into play, as does the other person. The PERSON responds.

Love needs time. Love does not reach completion at the beginning of a relationship. It is a pity to burn through the stages. This is not what I am called to! I am called to true love.

Knowing whether what I am living is LOVE with a capital "L" is not very complicated. I have to be very attentive to my affections and desires, and guide them using my will, my reason and my freedom.

True love makes me grow, opens me up to others, brings out the best of me, helps me, values and respects me, gives me stability and self-esteem, gives me strength and teaches me, helps me to come to know myself better, to recognize that I am needy, to forgive, to sacrifice; it leads me, it uncovers me, it makes me happy, it fills me...