

Love is... Love isn't

There are many ways we can talk about love. But there are certain images and words describing what love is that lead to confusion and sometimes to bad situations if acted on. In fact some of these messages are actually what love isn't. There are many things about love that can't be summed up in a word. Here are two lists to help you sort out what love is or isn't. These lists are to help you decide how you want to be treated.

Love is...	Love isn't
Responsibility	Jealousy
Hard Work	Possessiveness
Pleasure	Pain
Commitment	Violence
Caring	Sex
Honesty	Obsession
Trust	Being Selfish
Communication	Cruelty
Sharing	Getting Pregnant
Compromising	Making Someone Pregnant
Closeness	Dependency
Recognizing Differences	Giving Up Yourself
Vulnerability	Intimidation
Openness	Scoring
Respect	Fear
Friendship	Proving Yourself
Strong Feelings	Manipulation
	Expecting All Your Needs to be Met

London Abused Women's Centre, 2002

Adapted from: Fitzpatrick, D. (1992). Outreach to Teens: A Manual for Counsellors who work with Teen Victims of Violence Against Women