

IS IT LOVE OR INFATUATION?

Infatuation is instant desire. It's one set of glands calling to another.

Love is friendship that has caught fire. It takes root and grows — one day at a time.

Infatuation is marked by a feeling of insecurity. You are excited and eager, but not genuinely happy. There are nagging doubts, unanswered questions, little bits and pieces about your beloved that you would just as soon not examine too closely. It might spoil the dream.

Love is the quiet understanding and mature acceptance of imperfection. It is real. It gives you strength and grows beyond you — to bolster your beloved. You are warmed by his presence, even when he is away. Miles do not separate you. You want him near. But near or far, you know he is yours and you can wait.

Infatuation says, "We must get married right away. I can't risk losing him."

Love says, "Be patient. Don't panic. He is yours. Plan your future with confidence."

Infatuation has an element of sexual excitement. If you are honest, you will admit it is difficult to be in one another's company unless you are sure it will end in intimacy.

Love is the maturation of friendship. You must be friends before you can be lovers.

Infatuation lacks confidence. When he's away, you wonder if he's cheating. Sometimes you even check.

Love means trust. You are calm, secure and unthreatened. He feels that trust and it makes him even more trustworthy.

Infatuation might lead you to do things you'll regret later, but love never will.

Love lifts you up. It makes you look up. It makes you think up. It makes you a better person than you were before.