

"Rating Your Love Life"

Rating Your Love Life

1. List on the lefthand side of a piece of paper all of the members of your family (immediate) and your closest friends.
2. Next to each draw a scale I-----I-----I
0 50 100
3. Now rate yourself on how you're doing in this relationship-mark off with an "X" where you think you stand.
4. Then indicate with an arrow in which direction the relationship is going-better or worse. The best way to do this is to think back on how the relationship was a year ago.
5. Now you have a picture of your love life. How do you feel about it?
Why are some relationships good and others not?
Do you ever appreciate the one's that are good?
6. Which one needs the most improvement? What can you do to improve it?
7. Do the same for your relationship with God. Are you doing O.K.?
Going in the right direction?

Why can't

we simply treat each other with kindness and respect? Or face our weaknesses with a willingness to get the help we need?

We must rediscover the simple word, "love." What it is. What it isn't.

If it screams "Mine!" it isn't love. If it broils with jealousy, it isn't love. If it celebrates wrong, it isn't love. If it can't wait, it isn't love. If it is violent—abusive—it isn't love.

Love is patient. Is kind. Is not provoked. Is not proud. Love doesn't pout.

And love is more—far more—than a stimulating sensation. Sex feels great. But sex isn't love. That guy, that girl, may look incredible. But infatuation isn't love. The security that comes with "having someone" or "belonging to someone" has its place. But possessing or being possessed isn't love.

You never have to say "Yes," especially when you feel used. And long-range happiness often follows the N-word:

"No."

Never be afraid to say it.

We must rediscover the simple word "love." And never settle for less.