



DR. ERICA'S

30 DAY

LOVE CHALLENGE

Day 8

Motivated To Love



Being In Love



**“Being in love is universal to humanity.
It is part of human nature.
Romantic love. Obsessive love.
Passionate love. Infatuation.
Call it what you will, men and women
Of every era and every culture have been
‘Bewitched, bothered and bewildered’
By this irresistible power.”**

~ *Why We Love: The Nature and Chemistry of Romantic Love* by Dr. Helen Fisher

Falling In Love Is Not Love

Intense Energy – No Appetite, Can't sleep

Yearning for emotional union

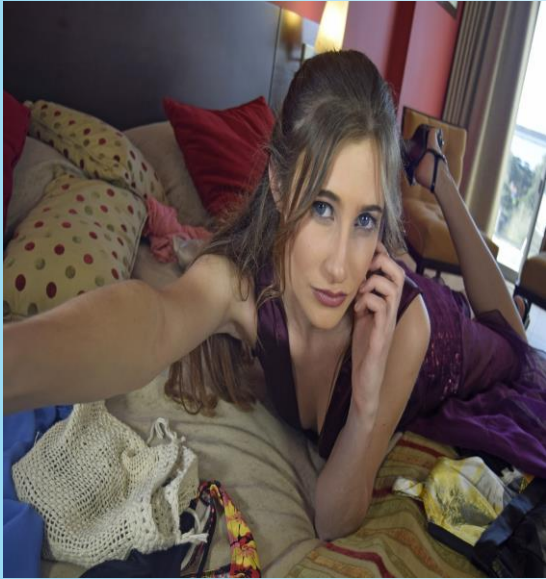
Mood swings - ecstasy to despair

Extreme emotional dependence

Intrusive and obsessive thoughts



Desire And Arousal Are Not Love



You can function sexually without desire
You can feel desire and not function well
Your body responds without thought
Emotions can enhance or block desire
Your body reveals what you feel

Support Is Not Love

You Can

Pay someone's bills without love
Listen and agree without love
Flatter and praise without love
Be a caretaker without love



Love Includes



Passion, desire and arousal

Empathy, concern and compassion

Rational thought and emotion

Forgiveness, trust and appreciation

Love Excludes

Control, manipulation and abuse
Judgment, criticism and ridicule
Fear, rage and stonewalling
Unfair demands and expectations

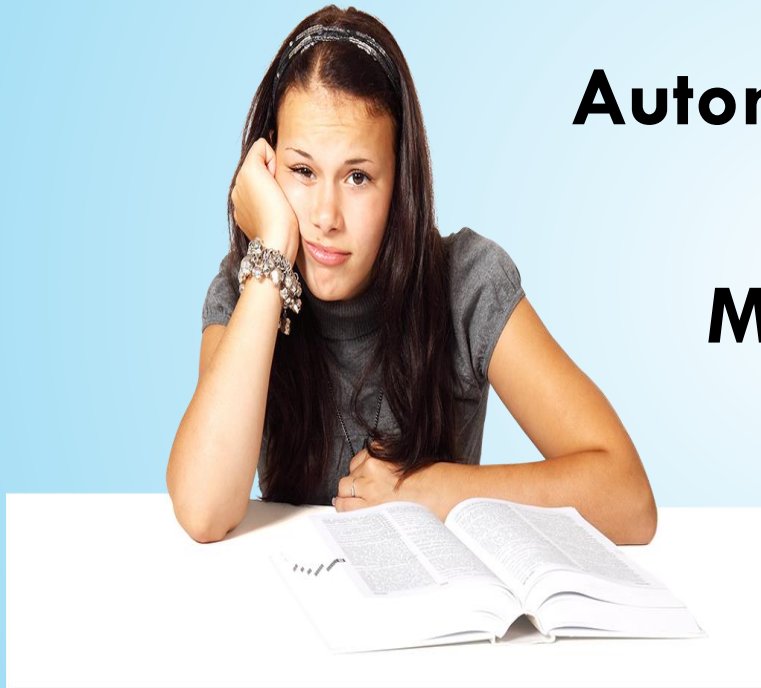


Are You Motivated



To love?

What Motivates You To Love?



Autonomy

Mastery

Purpose

~Drive by Daniel Pink

Autonomy In Love



Maintain yourself in relationship
Set and respect both boundaries
know your needs and desires
Know your future dreams

Be Who You Are

Why Do You Need Autonomy?

Self-Direction, Self-Reliance, Self-Sufficiency

**Keep your sense of self and other
Negotiate to get both your needs met
Feel the push-pull and stay in the flow**

Be Who You Are

The Greatest Gift Of All



Mastery In Love



Understand the ways of love

Learn love skills and languages

Possess loving character traits

Have intrinsic motivation to love

How Do You Create Mastery?

Grit – stay through tough times

Control emotions and actions

Observe, ask and listen

Pay attention to details

Love Is An Inside Job



Purpose For Love



Know your purpose for love
Decide now to love or leave
Renew your commitment to love

Know The Value Of Your Love

What Is Your Purpose For Love?

Assess your needs, desires and future goals

Understand others' needs, desires and goals

Honest, unemotional assessment of your love

Create a renewed sense of your love purpose

The True Value Of Your Love



”Love does not consist

Of gazing at each other,

But in looking outward together

In the same direction.”

~ Antoine de Saint-Exupery, Airman’s Odyssey

This 30 Day Love Challenge is Serious and Life Changing

You will see amazing results

If you seriously intend to

Expand your loving – and -

Love fearlessly and openly



As We Close **Remember**

Start each day focused on love
In every moment feel the love
End each day realizing love
Every day repeat the love pledge

Start Each Day **Focused on Love**

In every moment ask...

"What would love do now?"

For Me

Knowing all that I do brings me

Closer or further from love

End Each Day
Realizing the Power of Love
Review The Moments You...

Turned away from love

Shared your love freely

Felt loved by others

The Love Pledge

Every Day I Develop Greater

Awareness and communication

Acceptance and forgiveness

Compassion and tenderness

Love, trust and respect

For My Self And For Others

Love Agenda for Today

In Your Love Habits Journal

My Motivation for Love

How Do I Show My Autonomy?...

How Do I Reveal My Mastery?...

How Do I Follow My Purpose?...

Share Your Motivation In The FB Group

References

Daniel Pink.

***Drive: The Surprising Truth
About What Motivates Us***



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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