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PSYCHOLOGY OF LOVE

Life without love is like a tree without blossoms or fruit

Khalil Gibran

Love is one of the most important but the most complicated emotions that we feel. Unfortunately, not everyone admits this fact [2]. When they hear this word, they immediately think about "romance". Also, they may simply argue that this is something that can not really be determined. Even the most brilliant minds do not seem to set the correct and accurate definition. But psychologists today think in different way. Love, after all, has connections with one's behavior and attitude, and since it is, at its core, an emotion, it can be studied subjectively and analyzed systematically. That is what is called the psychology of love [3].

If we want to propose the definition of love, we must define those who use a broad view, describing it as a whole or a variety of feelings, attitudes, behaviors and conditions that represent the individual's satisfaction over something, or his adherence to other people and beings. We do not understand much about love as much as we are even convinced that it exists as an essential psychological state outside of social constructions[3].

That's why a lot of research into why we mate is bizarre to the point of incoherence – cultural norms as well as oddities in research methods can create a lot of noise. Yet it turns out that there is a lot of science about why people fall in love that is at once super strange and actually fairly credible. Here are the

most interesting findings: People tend to fall in love with other people who are like them. If you want someone to fall in love with you, then it might help to resemble their opposite-sex parent. There's some evidence that scent can play a role in attraction. If you keep an open posture, then that can make you seem less closed off – and more inviting and attractive. Height can also play a major role in attractiveness. Sharing thrilling or scary experiences looks like a great way to jump-start attraction. If you and your crush live close to each other, then it's more likely to turn into something because you can get to know each other through accidental run-ins. Smiling is another great way to seem attractive. The best way to fall in love with someone is to get to know him or her [1].

Maternal love is only one type of love that we experience in our lives. Psychologist Robert Sternberg proposed that different types of love involve different amounts of intimacy (trust, warmth and closeness), passion and commitment. In his triangular theory of love, he outlined seven main types of love: *Friendship* – warmth and closeness to another person (intimacy), but no intense passion or long-term commitment; *Infatuation* – “love at first sight” (passion), but lack of intimacy and commitment; *Empty love* – commitment exists, but relationship lacks intimacy and passion; *Romantic love* – intimacy and passion exist, but not commitment; *Companionate love* – intimacy and commitment exist, but relationship lacks passion; *Fatuous love* – commitment motivated primarily by passion, and lacks intimacy; *Consummate love* – the “ideal” relationship that involves all three elements (intimacy, passion, and commitment) [4].

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