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we know that the desire to love and care for others is a hard wired and deep seated because the fulfillment of this desire enhances our happiness levels expressing love or compassion for 1 enhances all emotions when love shows up in your life you may notice that it opens the floodgates to emotions you may have suppressed or forgotten to feel suddenly you become aware of the medically reviewed by julie dodson ma updated may 1 2024 by betterhelp editorial team wanting love is a common experience that many people go through it can be challenging to cope when you can t find the love you so desire when two people are in love what one person does or wants to do influences the other person in meaningful and strong ways for example if you re thinking about moving to another state because of your job you d go to the other person before you made a decision 1 loving devotion in a committed relationship this is a simple wish in which action speaks louder than words a devoted man is respectful of the time they share respectful of her work her love is a fundamental and complex human emotion learn more about the different types of love and their effects on our bodies social psychology do you know what love really is is it just a second hand emotion by kendra cherry msed updated on may 06 2024 fact checked by emily swaim print verywell laura porter view all how do you know you re feeling love for someone types is love influenced by biology or culture how to show love to another person impact here s the thing while love is a biological need desire is more centered on a motivation and drive desire is a fundamental human experience that we want to be present in our lives and when we lose it we lose an important connection with ourselves living without desire is like living without hope or inspiration we all have an innate desire to connect with others to feel loved and accepted and a sense of belonging in our relationships and communities these needs play a crucial role in shaping our emotional well being mental health and overall happiness love is much deeper more intense and includes a strong desire for physical intimacy and contact people who are in like enjoy each other s company while those who are in love care as much about the other person's needs as they do their own rubin believed that romantic love is made up of three elements a close bond and dependent needs the triangular theory of love proposed by psychologist robert sternberg suggests that love consists of three components intimacy emotional closeness and connectedness passion romantic and physical attraction and commitment decision to maintain the love in the long term intimacy what is the value of personal love what impact does love have on the autonomy of both the lover and the beloved 1 preliminary distinctions 2 love as union 3 love as robust concern 4 love as valuing 4 1 love as appraisal of value 4 2 love as bestowal of value 4 3 an intermediate position 5 emotion views 5 1 love as emotion proper desire in long term relationships keeping it and finding it when it s gone there might be love there might be commitment there might be a solid friendship at its core but that doesn t mean there will be desire in a long term relationship no wonder they re such hard work worth it but hard understanding the desire for love is a fundamental aspect of human existence deeply intertwined within the intricate layers of our emotions thoughts and aspirations the phrase i wanted to be loved encompasses a profound yearning for connection acceptance and affection that transcends the boundaries of language culture and time as it turns out love is all about the brain which in turn makes the rest of your body go haywire according to a team of scientists led by dr helen fisher at rutgers romantic love can be broken down into three categories lust attraction and attachment each category is characterized by its own set of hormones stemming from the brain it describes the desire for physical intimacy and refers to physical attraction love on the other hand is the feeling of wanting or needing to be with someone caring about their happiness and sharing personal thoughts and concerns with them love essentially involves desire but what is desire and what sorts of desire are characteristic of love desire explains that some of the things lovers want are features desirable in any friendly relationship trust intimacy emotional resonance companionship concern for one another s welfare erotic love adds more specific desires we want to be wanted desire is that which humanizes us by helping us to overcome our basic needs for the sake of love when seeking truth wisdom and self understanding one rarely thinks that by dr oliver tearle loughborough university previously we ve offered short and sweet love poems poems about unrequited love poems for weddings and even seduction poems now it s time to consider desire in poetry in all its forms from erotic and romantic desire to the theme of wants and longings more broadly in long term relationships we often expect our beloved to be both best friend and erotic partner but as esther perel argues good and committed sex draws on two conflicting needs our need for security and our need for surprise so how do you sustain desire with wit and eloquence perel lets us in on the mystery of erotic intelligence

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