

# Human Love Register

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## Introduction – My View on What Qualifies as Human Love

Deep human Love is the ultimate WE commitment – the “state” of unqualified unification across the entire range of our human experience and being. Attachment, Contentment, Fascination, Companionship, Obsession, Lust, Reverence, Attraction, Liking are all human WE conditions, but Not Love. Human Love depends on face to face, direct human relationships. Human Love can be expressed toward but not fully realized with non-human “others.” Metaphorically, as an intensely positive feeling, “Love of” gets projected to many non-human phenomena [music, food, pets, country, ideas, places, gods]. “Love” of Self ranges from self approval to Egotism to full blown Narcissism.

## The Key Components of Human Love Relationships

Where are we located as couples, as families, on each of these components?  
What is our combined Love rating across all components [stronger or weaker]?

Mutual Electro-Chemical Compatibility [pheromones, human energy field]

Mutual Emotional Connection [gut level feeling of belonging or oneness]

Mutual Deep Physical Expression [touch, stroke, caress, hug, kiss, fondle, intercourse – with appropriate others at appropriate times]

Mutual Sharing and Giving Expressed in Multiple Ways in All Aspects of Life

Mutual Caring and Helping Expressed in Multiple Ways in All Aspects of Life

Mutual Open, Honest and Full Communication [everything of significance]

Mutual Ability to Laugh and Cry Together [even if one’s faults are the source]

Mutual Commitment All the Time [not conditional, occasional or intermittent]

Mutual Commitment without Dominating [no sacrifice or loss of self]

Mutual Full Respect [allowing for some differences and weaknesses]

Mutual Unqualified Trust

Mutual Full Encouragement – Support for Positive Individual Objectives

Mutual Major Goals in Life [mostly shared worldview]

Mutual Lifetime Commitment to Raising Loved Children [where applicable]

Mutual Commitment to Embrace Extended Family [where applicable]

We can rate any close human relationship on a 1 – 10 scale [poor to excellent] on all of these 15 variables and see to what extent it qualifies as Love.

135+ - deep Love, 110 - average, 90 - weak, 70 - more Lust or Like than Love.

[Adjust totals if Children and/or Extended Family variables are not applicable.]