

Healthy Love	Not-So-Healthy Love
Develops after we feel secure.	Tries to create love even though we feel frightened and insecure.
Comes from feeling full.	Always trying to fill an inner void.
Begins with loving <i>ourselves</i> – being the lover we think we need.	Tries to avoid looking at ourselves and always seeks to get love from that <i>special someone</i> .
Based on our ability to <i>love and trust ourselves and hence others</i> .	Seeks sex and romance outside, precisely because we <i>feel empty inside and don't trust ourselves or others</i> .
Allows us to be <i>vulnerable</i> because we feel secure inside.	Based on a shaky foundation—we feel we must protect ourselves.
Grows <i>slowly</i> , like a tree.	Grows <i>fast</i> , as if by magic.
Thrives on time alone as well as time with our partner.	Frightened of being alone.
Teaches me to value my own company.	Makes me feel uncomfortable with myself and in need of someone else.
Gentle and comfortable.	Tense and combative.
Flows out.	Caves in.
Creates a <i>deeper sense of ourselves</i> the longer we're together.	Creates a <i>loss of self</i> the longer we're together.
Gets <i>easier</i> as time goes on.	Requires <i>more effort</i> as time goes on.
Like rowing across a gentle lake.	Like being swept down a raging river.
Satisfied with the partner we have.	Always looking for more or better.
Teaches that we can only <i>make ourselves happy</i> .	Expects the other person to make us happy and demands that we try and make them happy.
Creates life.	Creates melodramas.