

# Love Versus Infatuation

During the Life Skills classes, we learned to distinguish between love and infatuation. Love and infatuation are two different things.

Infatuation is like a crush, a drug. It is short-term. Infatuation makes you feel that you are in love with the person when, in reality, you are not. This is because two chemicals in the body are released - Dopamine and norepinephrine. This release of chemicals makes you feel that you are in love. Infatuation can turn into love sometimes, but not always.

Idealisation - When you are infatuated, you may idealise the person. Idealisation is the act of seeing someone as perfect despite their flaws. It shows that you are not a critical thinker but an emotional one.

Infatuation often leads people to make wrong choices, but love does not. Infatuation is an emotional roller coaster, while love is steady.

When you love a person, you look beyond appearances. You are attracted to their character. Love takes time to develop.

Love is not just a feeling; it is a choice. It is when you love the other person, even when you are angry at them. Love does not make you harm the other person.

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Infatuation works like a drug. It affects your senses and changes the way you think and feel.

