

Love Defined  
Collaborative Perspectives  
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### **Motivation**

I've been told by many people that they Love me, and I say it back directly or indirectly (same to you or something of the sort). One of my daughters said that I should have verbalized love because human development requires a sense of security. She's college educated so I assume certain studies confirms her charge. I was always uncomfortable with verbalizing the word Love because I didn't hear it growing up as a youth. I started saying it when I started dating, because of my attraction to my girlfriend at the time motivated by physicality (learned behavior). These thoughts motivated me to make sense of the word Love and its true meaning stemming from my observations and interactions. Also, two of my colleagues joined me to give their perspective on the subject.

### **Definition**

- (1) Love is actions expressed by people to provide the best constructive outcomes to the entire environment where they reside. Example: if my actions have constructive outcomes to the people and physical environment around me, then I'm expressing Love, if verbalized or not.
- (2) Love is a feeling that's built through actions in relations to one's values and beliefs. It's a feeling that connects your mind, body and soul to someone who shares common ground.

### **Love: Perspective Synonyms**

Caring – (1) a showing of constructive well-being towards people, other forms of life or things  
(2) to protect what is important

Respect – (1) acknowledging and doing what's constructively best for self and others (2) to admire and do right by others without having to belittle yourself

Humble/Humility – (1) the ability to not acknowledge one's own accomplishments and excellent skill sets while interacting with others (2) to be able to accept that others have excellent qualities and yet not losing admiration for self

Exercise – (1) consistent actions to constructively enhance mind, body and soul(spirit) (2) To preserve physical and mental health by doing activities that involve physical movements

Selflessness – (1) constant actions to assist others and their constructive well being (2) To care more for others well-being than yourself

Concern – (1) An intentional focus on matters that are incorrect and having the desire to correct them (2) To have interest in someone and showing them with action rather than words

Family Oriented – having the understanding that family is the primary organized institution that is priority, where constructivity is always the goal for the entire unit, also the survival, protection and improvement of the unit are additional goals

Compassion – (1) a strong constructive affinity for someone, people, other forms of life or things (2) Attempting to put yourself in someone's personal situation to identify with what they may be experiencing

Life Learning – being aware of constant life lessons and experiences, evaluating them, drawing from the constructive aspects, and applying the results to enhance life

The Acknowledgement of Mistakes and Flaws – the ability to recognize and admit one's own wrong doings and limitations with the goal to correct and improve their actions

The Ability to Adjust – have the skill set change course when circumstances dictate the situation or the environment

Controlled Emotions – the ability to constructively manage emotions(feelings) to maintain mental, physical, and spiritual health for self and others

Nature – (1) accepting natural phenomena and working with it to achieve a constructive wholistic life (2) the action of being lovable from instinct; it may include good behaviors such as being caring, showing affection, being attentive, having good communication, and showing up for love ones with actions rather than words

## **Confusion**

According to the above action words identified as Love may strike many at first with confusion due to how Love has been thought about by many who just accept the environmental perception of what they think Love really is. Like mentioned above, I didn't hear the phrase; "I Love You" growing up as a youth. Therefore when I heard the phrase it was usually between couples, as a matter of fact, many companions didn't express the phrase also. I started saying

the phrase when I started dating. When looking back at adolescent times most Love understanding was drawn by physicality. Many people base their relationships off of physical attraction without taking out time to learn about each other totally. One or both involve could overly invest their emotions in the other person and when issues arise handle them in a non-constructive manner, where the outcomes are not good. When a person tells you that “I didn’t mean to hurt you, I did the non-constructive act out of Loving you excessively, then you should surmise that these actions could be indifference and not Love and the person is showing “Love” in a toxic manner or expressing it in an unhealthy way.

When people understand that Love is actions expressed with outcomes that are constructive, then the confusion about what Love really is dissipates. When someone verbalizes Love it’s fine, but their actions will dictate if the sentiment true or not.

## **Conclusion**

In life nature presents opposition which signifies balance and if understood, men/women will live a productive life. People are designed perfectly but are mentally impressionable, therefore the mind absorbs the environment it inhabits. When people are nurtured in a healthy environment, their human potential is astronomical. When observing the state of men/women, I see the product of an unbalanced environment, that confuses many and Love is the misunderstood product. Ultimate Love thrives when advance thinking occurs and the environment is supremely healthy, which I’ve have yet to witness. The root of the issue of Love misunderstanding is our world government which ascribes to domination by any means necessary. Additionally, media and social media play a role in how many of us define Love. For example, films can promote what Love should look like. Without experiences of our own, good and bad, we are doomed to mimic how we see Love portrayed. What’s worse is that we’ll believe what we see instead of developing the definition for ourselves. Last point:

“If I truly Love you, I understand that you are going to physically expire and so whatever our differences are, we should reason and part in peace without destroying each other”.