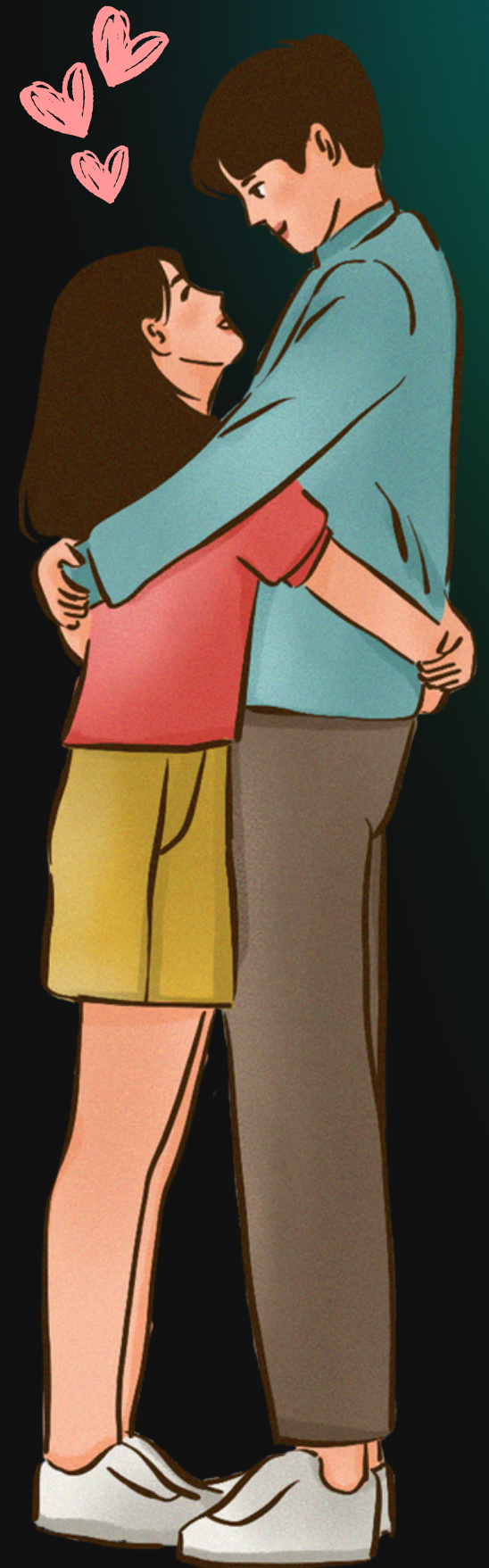


LOVE

COST EVERYTHING

Presented by Gloria Wiredu



KEY AREAS

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LOVE**

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WHAT IS LOVE

Love is a complex and multifaceted emotion characterized by deep affection, care, and connection toward someone or something.



THEORIES OF LOVE

Each theory reveals different facets of love, from emotional needs and childhood influences to practical exchanges, reinforcing how love is a rich and multidimensional experience in human life.

1. TRIANGULAR THEORY OF LOVE (ROBERT STERNBERG)

Sternberg's three components
Intimacy, Passion, Commitment

2. ATTACHMENT THEORY (JOHN BOWLBY & MARY AINSWORTH)

Secure attachment, Avoidance attachment,
Anxious attachment

3. LOVE AS A SOCIAL EXCHANGE (EXCHANGE THEORY)

Cost -Benefit Analysis

TYPES OF LOVE

- Agape: Unconditional, divine love (as God loves humanity).
- Eros: Romantic, passionate love.
- Philia: Brotherly love, deep friendship.
- Storge: Family love, between parents and children.

RELATIONSHIP TYPE	INTIMACY	PASSION	COMMITMENT
NON LOVE			
INFATUATION		✓	
LIKE	✓		
EMPTY LOVE			✓
FATUOUS		✓	✓
ROMANTIC	✓	✓	
COMPASSIONATE	✓		✓
CONSUMATE	✓	✓	✓

TRIANGULAR THEORY OF LOVE (ROBERT STERNBERG)

ARE ROMANTIC RELATIONSHIPS WORTH IT?

A romantic relationship is a type of emotional and intimate connection between two individuals who deeply care about each other.



POSITIVE

- **Emotional Support**
- **Increased Happiness**
- **Personal Growth**
- **Reduced Loneliness**
- **Enhanced Social Support**



NEGATIVE

- **Emotional Dependency**
- **Stress and Depression**
- **Sacrifice of Personal Goals**
- **Fear of Vulnerability**
- **Reduced focus and productivity**

LOVE TODAY

Looking for love in today's world can be both exciting and challenging due to the blend of traditional values and modern technology. People now have countless ways to meet and connect, from dating apps and social media to in-person events and mutual circles.

MODERN DATING TRENDS

1. Dating Apps and Online Platforms
2. Ghosting andBreadcrumbing
3. Situationships
4. Video Dating
5. Friends with benefits" (FWB)
6. Open Relationships
7. Dating Fatigue



NAVIGATING MODERN DATING TRENDS, FINDING AND MAINTAINING LOVE

1. Be Clear About Your Values and Goals

2. Focus on Emotional Intelligence

3. Practice Mindful Dating

4. Set Boundaries and Be Selective

5. Combat Ghosting andBreadcrumbing

6. Explore Relationships Off-Screen

7. Balance Digital and In-Person Dating

8. Prioritize Self-Care and Mental Health

10. Learn from Past Experiences

1. Understand Yourself First
2. Cultivate Healthy Communication Skills
3. Focus on Emotional Intelligence
4. Understand the Importance of Mutual Respect
5. Be Ready to Commit Time and Effort
6. Know What Love Really Means
7. Maintain Independence
8. Seek Guidance from Trusted Adults

**BEFORE YOU SAY I
LOVE YOU**



HEALTHY RELATIONSHIP

1. Respect
2. Trust
3. Open Communication
4. Support
5. Healthy Boundaries
6. Conflict Resolution
7. Equal Effort
8. Health status



A background image showing two hands, palms facing each other, with fingers curled to form a heart shape. The hands are positioned centrally, and the heart is formed by the tips of the fingers and thumbs. The background is a soft, out-of-focus grey.

FINAL REFLECTIONS

Summary

- Love in the current dispensation has both positive and negative impacts on the youth.
- While it allows for more freedom and self-expression, it also introduces challenges like instant gratification, insecurity, and poor communication skills.

Looking Ahead

- Emotional intelligence, healthy relationships, and balancing the digital and real worlds will be key in navigating modern love.

Above all we need grace to carry us through the journey



THANK
you