

# 輔導工作室

## A Valentine Wish to You

Nowadays, the divorce rate is quite high; a marriage certificate does not guarantee a happy marriage. Have you ever thought of having a loving relationship that lasts? You have to understand what love is before you look for your partner.

Actually, love consists of three components: passion, intimacy and commitment. Two people are attracted to each other because of passion. It is the initial stage. Then they may start dating to cultivate love and romance. After that, they may be committed to each other and have a stable relationship. If the relationship works out fine, they will end up in the wedlock and start a family.

As Valentine Day is drawing near, I do hope that you can reflect on what love means to you, and can find / keep your valentine!

Reference: Robert J. Stenberg., & Michal L. Barnes. (1988). The Psychology of Love. New Haven: Yale University Press.