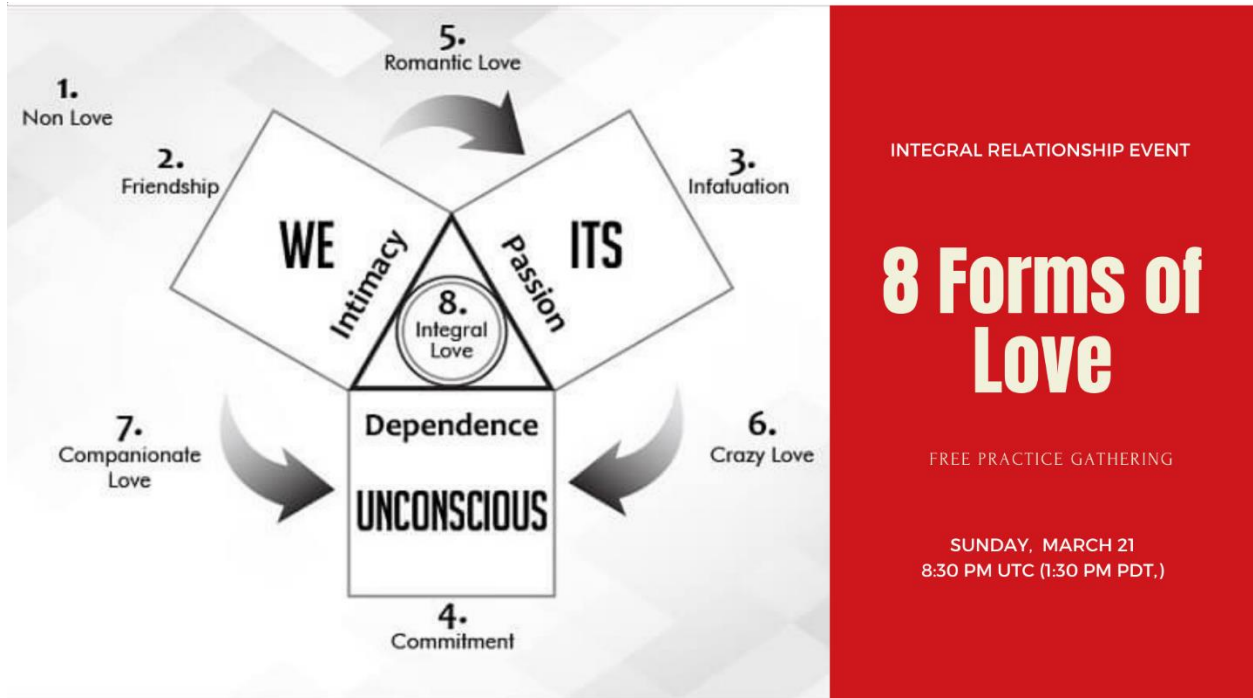


## 8 FORMS OF LOVE



1. **Non Love** – without intimacy, passion and commitment
2. **Friendship** – no passion or dependence
3. **Infatuation** – passion only, physical or material enmeshment
4. **Commitment** – no passion or intimacy, lot of fear and fighting, dysfunction, dependence
5. **Romantic Love** – intimacy and hormonal passion but no dependence and commitment; with no realistic ideas of how to work on shadow and own issues which they end up calling “drama”
6. **Crazy Love** – passion and dependence with no intimacy
7. **Companionate Love** – intimacy and dependence; deep friendship; sometimes passion will emerge or sometimes passion will fade in long term marriage
8. **Integral Love** – intimacy, passion and healthy dependence