

## LOVE

Love (other than universal love for all) FITS THE FACTS of a situation whenever:

- A. Loving a person, animal, or object enhances quality of life for you or for those you care about.
- B. Loving a person, animal, or object increases your chances of attaining your own personal goals.
- C. Other example: \_\_\_\_\_

Follow these suggestions when your love is NOT JUSTIFIED by the facts or is NOT EFFECTIVE:

### OPPOSITE ACTIONS for Love

Do the OPPOSITE of your loving action urges. For example:

1. AVOID the person, animal, or object you love.
2. DISTRACT yourself from thoughts of the person, animal, or object.
3. REMIND yourself of why love is not justified (rehearse the “cons” of loving) when loving thoughts do arise.

### ALL-THE-WAY OPPOSITE ACTIONS for Love

4. AVOID CONTACT with everything that reminds you of a person you love: pictures, letters/ messages/e-mails, belongings, mementos, places you were together, places you planned to or wanted to go together, places where you know the person has been or will be. No following, waiting for, or looking for the person.
5. STOP EXPRESSING LOVE for the person, even to friends. Be unfriendly toward the person (e.g., “unfriend” the person on Facebook, Twitter, etc.).
6. ADJUST YOUR POSTURE AND EXPRESSIONS if you are around the person you love.  
No leaning toward him or her.  
No getting close enough to touch.  
No sighing/gazing at the person.

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