

5 Love Languages Couples Retreat



with Cindy Cline and Ed Green

Dorothy Tennov, Love and Limerence: The Experience of Being in Love published in 1979

Characteristics of the Limerence

The reality of falling in Love -

Here's what being [love-crazy](#) looks like:

1. Obsessive thinking about the limerent (that's the object of affection/fixation), which can become intrusive to daily functioning.
2. Irrationally positive evaluations of their attributes and denial of red flags (e.g., "She is a serial murderer, but that's OK. My love will overcome that.")
3. Longing for reciprocation, and when it doesn't happen, fantasizing about it until it becomes reality in your mind.
4. Feelings of ecstasy in the presence of the loved one, even if they are barely aware of you.
5. Deep, wild mood swings, from delight to agony and back again.
6. Total anguish when the relationship ends: not ordinary grief, which accompanies the termination of all relationships, but the feeling that you actually cannot go on living without the person.
7. Unsettling shyness in the limerent object's presence.
8. Extreme exaggeration of any response from the limerent to be interpreted as "a sign" your feelings are requited regardless of actual evidence.