

The Infatuation Checklist

1. INFATUATION seems to happen all at once, often before you know each other well at all. And it may disappear as quickly as it began. This is especially true when replaced by another 'instant' relationship. It almost always leaves one or both persons feeling sorry about ever having had the relationship at all.
2. INFATUATION is jealous, mistrusting and uncertain. It makes you wonder whether or not he or she is being true to you when they are not around. You worry, when he or she is friendly with someone else of the opposite sex, that they will drop you for another.
3. INFATUATION is in a hurry. You can't wait – for love, to go steady, for marriage, or even for sex. You are afraid that you will lose him or her if you don't act now. It sometimes makes you plunge in head first, even when the pool is dry, and long before you really know how to swim.
4. INFATUATION is very often sex-centered. It makes you more concerned about having a physical relationship and experiencing pleasure than about who might get hurt as a result. Without the thought or enticement of sex, things get pretty dull – even boring. If his or her sex appeal disappeared – or yours – the entire relationship would most likely abruptly end.
5. INFATUATION might lead you to do things you don't really think are right – just to keep the one you 'love', or even more devious, it will talk you into trying to think something is right, even when you know deep down it's not. In short it can sometimes bring out the very worst in you.
6. The trauma of INFATUATION tends to make your other relationships suffer, at home, at school, at work. You want to be together all the time and no longer seem to enjoy spending as much time with others. You become more irritable and impatient with others and sometimes not very easy to live with at all.
7. INFATUATION is a ride on an emotional roller coaster, making you often sad or moody for no reason. Your day is made or broken by whether or not the phone rings. INFATUATION depends on warm feelings to sustain it. When the going gets rough, your relationship becomes shaky, and you with it. INFATUATION also daydreams an awful lot – about how perfect and ideal life would be if you could always be together. If you were married, if, if, if
8. INFATUATION always needs a mirror – to make sure you look and act the way you think he or she wants you to. It makes you afraid that if he or she knew you as you really are, they might not love you any longer. It is tough standing on top of a pedestal and holding the same perfect pose for very long. In fact it's impossible. INFATUATION wears the other as a trophy. If you were honest, you would admit that if he or she weren't someone popular or good-looking whom you could show off to friends, your feelings about him or her would be a lot less romantic.
9. INFATUATION often makes you feel trapped like you were missing out on other things and other people and a part of what you'd like to experience new in life – like an animal chained and confined.
10. INFATUATION covers up what doesn't fit. You have nagging doubts about her or his values. You don't see the same things as important and perhaps you find yourself disagreeing with the things he or she does or the way they treat people. But you overlook all that because he or she is the only one who matters.

-adapted from handouts given to freshers at a Christian Women's College in Chennai in the 1980s