
Reflective Living with Dr. Angela

Benchmarks of True Love

Do you know the benchmarks of true love?

I invite you to take this time to reflect upon your relationships. If the love presented to you is not kind, but shows fits of anger and mean spiritedness, it is not love.

If it is envious, boastful, or arrogant, it is not love.

If it does not believe in or have high hopes for your success, it is not love.

If it is not giving but always taking, it is not love.

If it always feels bad, is grasping, seizing control, and needs everything from you, then it simply is not love!

Silence the voices that would have you accept artificial measures of love and learn to distinguish between genuine love and all of its counterfeits.

And, remember to give yourself the gift of reflection.



Similar topics are available electronically:

- Agape Love
- Real Love
- Love vs. Pity