
Reflective Living with Dr. Angela

Love versus Pity

Do you know the difference between love and pity?

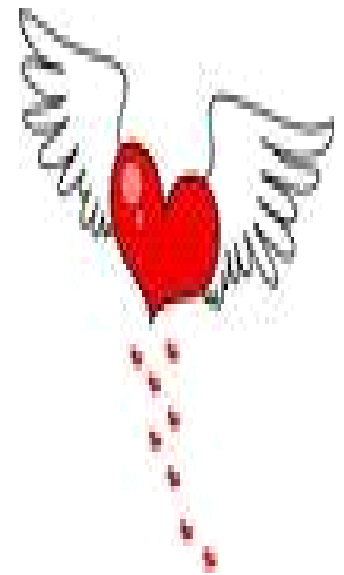
Pity is sympathy that breeds hopelessness, while love is compassionate and leads to positive action. Pity lends itself to sadness while love has a penchant for uplifting.

Love is filled with faith that seeks to change situations for the good. Acts of love are also done with gladness and joy, with no promise of compensation.

Be reflective so you can distinguish between **real love** that leads to your best self from **pity** that leaves you as you are. Love elevates. It propels you forward. It leads you to the light.

You will know when real love is present because it cares too much to leave you in any state that is less than your best.

**So, remember give yourself
the gift of reflection.**



**Similar topics are
available
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- **Agape Love**
- **Benchmarks of True Love**
- **Real Love**