

Love versus Lust—Looking for Real Love Youth Worksheet

Relationships can be formed for many reasons. Sometimes it is difficult when someone is in the middle of a relationship to see whether it is based on self-giving love or self-centered lust.

Relationships built on love have a strong foundation to help strengthen them during difficult times. Relationships built on lust are unstable and may be easily broken.

Pretend you are a relationship counselor and overheard these comments during the day. Indicate whether the statement is based on love or lust using the bookmark as a guide.

	Love	Lust
1. "Oh, Baby, I love you so much I just need to have you tonight."		
2. "Honey, I'm so proud of all you have done."		
3. "My Boo's the best because he buys me whatever I want."		
4. "My Boo's the best because he talks with me about a million things."		
5. "Honey, if you'll just do this little thing for me, I'll love you forever."		
6. "When you're hanging out with your girlfriends, don't go flirting. Remember you belong to me."		
7. "I wish I was with you, but I understand you need some time out with your friends."		
8. "I'm in no hurry, but when I fall for a guy he's going to be cute and rich."		

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9. "Hey, Gorgeous, why don't we go out to dinner tonight rather than you cooking?"		
10. "Told my girl I was going to the movies with you guys, so don't you dare let her know we came to the club."		
11. "Oh, Babe, you're so hot. I think I'm going to melt. Why don't we cool down a bit before we go too far."		
12. "What?! You can't return my texts in a timely manner? I knew you didn't love me."		
13. "I really like you, but I don't think we're very good together as a couple. Can we just be friends?"		
14. "Sorry, but I've found someone else that I like more than you."		
15. "If you loved me, you'd stop doing that."		
16. "Honey, how can I show you that I love you?"		
17. "Girl, you should have seen the way the boy's eyes were sparkling when she said "Yes." She makes his heart melt."		
18. "Girl, you should have seen the size of the rock she got him to put on her finger."		

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