Difference between Love, Possessiveness and Control

Before we divulge into the depths of this often controversial debate, let us get our facts straight. What is Love? How can one be possessive or controlling in love? Google baba gives us these answers.

Love: an intense feeling of deep affection

Possessive: demanding someone's total attention and love

Control: determine the behaviour or supervise the running of (someone)

Looking at these basic definitions, it is quite clear that possessiveness and control have no business in love at all. But what can we do, movies and shows depict these traits as something that person might have. These misconceptions have steadily lead to an increasingly violent behaviour.

**How to identify**

Now that we have covered our basics, we should know how exactly one behaves when they are showing these traits. After all, people are not objects to be possessed or controlled hence it can be difficult to identify these behaviours in people.

Possessive people behave as if their partner is an object that they own which cannot be shared with others. This often stems from jealousy and insecurity. Such people fear losing their partner so much that they feel they cannot live without them. Possessive people have a one track mind.

Controlling people on the other hand try to demean their partner by creating obstacles in their life, criticizing them or/and controlling who they meet. Such behaviour comes from the belief that their partner should depend on them for everything. Obviously, this is so they cannot ever leave. This can quickly escalate and make the person belittle themselves.

A pattern in both the cases, the person does not want their partner to leave them but in doing so, harms them more. And in both cases, the person displaying such traits has little or zero faith in their partner. Which is again, very toxic in a relationship.

In my opinion, when you love someone, you should respect and trust that person. Being in a relationship is only healthy if you love and care for someone without having too many expectations. This doesn’t mean that you should not expect to be loved as well but your expectations should not harm and disrupt your partner’s life. So recognizing these traits in your partner is very important as it will help you leave such relationships before it becomes burdensome.

**End Note**

Both possessiveness and being controlling are negative traits which only lead to failed relationships. Only when you fully trust your partner will your relationship grow and blossom.