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The Psychology of Human Sexuality

Reflection Paper Topic #1: Love and Relationships

I do not believe in any of the “Love Myths” discussed in class. I believe the biggest reason for my attitude towards love is my current relationship. I have been with my current girlfriend for over six years and have established a very healthy relationship with her. Unlike my previous relationships, with her I took things slow. I didn’t fall fast for her, but instead developed a friendship for a couple months before finally going on a date. We dated for a couple weeks before making our relationship exclusive. At first, I felt that lust and rush of butterflies, like with more new relationships. After about a year though, those butterflies dissipated, and instead were replaced with a strong feeling of companionship. Being with her for so long, and knowing that I will be with her for the rest of my life, makes me realize that those love myths are just that, myths.

I have made a couple mistakes with my past relationships. This biggest mistake was when I started a relationship with a girl I met online. We didn’t really talk too much about our pasts, our values/beliefs, or our future goals. After being with her for a couple weeks, I found out things about her current habits and choices she made in the past that made her a different person than I thought she was. We ended up breaking it off, and I have learned from that mistake. From then on I made sure I asked plenty of questions and got to know the person I was interested in before committing to a relationship.

Another mistake that I had made was when I was much younger, before I had realized my sexual orientation. Dating boys was not so much about compatibility for me, but more the fact that it was a norm to be dating. The first couple boyfriends that I had were simply friends that had asked, and I just agreed because I thought that was what I was supposed to do. In those situations, we were compatible as friends, but not in terms of a relationship. In some relationships, we weren’t even compatible as friends, so they did not last long. After realizing that dating someone I truly was compatible with and interested in was important, that mistake was not made again.

I have been in a relationship type that won’t work. My first girlfriend was definitely a relationship that shouldn’t have happened. (Although, I am glad it did because it showed me what a relationship with a female could be like, and I learned a lot from it.) For both of us, it was our first relationship with a female. I had thoughts about my possible sexual orientation and had been more aware of my feelings towards females. She had not had any inclination of have feelings towards a female. The relationship started out as a friendship, which grew intense very quickly. Then, it became a secret relationship, as she was not ready to come out. After a few months, I had asked her if it could no longer be a secret, and her response was that she was not a lesbian and that we had to stop. Although this was her response, I wanted to try and make it work, though clearly she was struggling with her orientation and was not in a place in her life to commit to any kind of relationship. This relationship was too codependent, and I lost myself during it. In this situation I was more in love with what she could be than what she was at that moment.

In my “dream partner” I value several things as important. The most important is ambition. I want my partner to be striving to better themselves in some way. Another important characteristic is intelligence. My partner needs to be intelligent and likes to further their education, as that is important in my life as well. Other important characteristics include easy-going, compassionate, and a good sense of humor. Thankfully my current partner has all these characteristics. I avoid those who have short tempers, laziness, and dependency issues.