

How to know if you are in love

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How to know if you are in love



You got it bad if...

L-O-V-E. A simple word that means so much. Countless songs have been sung, millions of pages published and a zillion movies aired about this crazy little thing called love. A Google search produced up to 1,45,00,00,000 results when I typed it in.

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What's more, there's such rich imagery around realizing you are in love: struck by the 'stupid cupid', be bitten by the love bug, infected by the love virus or fallen in love; that sometimes, it seems 'not quite so real' when it does happen. Since movies usually portray the 'falling in love' moment with close-ups and tingly sound effects, songs

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with deep tones and killer lyrics and books with words like ‘he looked into her eyes and he knew he loved her’; when it happens to us in the real world, it can seem a bit anti-climactic.

Having said that, sometimes we feel pressurized by these very songs and books to admit we are in love when

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we are not. Society expects that if you have a partner, you love them and vies versa. Yes, there is a high probability that you like them, but do you love them? Let us help you figure it out.

They turn you on:

Do you find yourself looking for opportunities to touch

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them every chance you get? Do you feel you can't keep your hands to yourself when you are alone, or sometimes even when you aren't? Certainly, physical attraction does not mean you are in love, but the absence of it certainly means you are not.

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Don't judge a book...

So your partner is the best looking guy or girl around. Tall, slim, great hair, great body...whatever you want. This guarantees attraction (read: love at first sight) but does it mean you love them? While being physically attracted to your partner is one thing, do you love them

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for who they are? Love is the magical wand that enhances what is good about your significant other and dispels what is not quite as hot. So, if you find yourself cringing a lot at their corny jokes or praying they'll stop talking so you can take their sweet ass to bed, then you like them like an object of gratification rather than love them. But to

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truly love another, you have got to love everything about them, especially their personality.

Be yourself: because you want to

You always want to look good for your partner. But it is not necessary. There is a balance here, people. You

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want to look good for them, but you know you could just as well show up in your PJs and they won't judge you. It is an interesting thing to think about. We usually do some things: look good, act professional, use cutlery--because society would frown at us if we didn't. But you know your partner doesn't care and still, you feel

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compelled to be your best around them because you want to present them with a side of you that's not fake and yet the best side of yourself. When you feel yourself letting go of the many masks you wear in front of others and know you can be yourself in front of your partner, you are in love.

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***Are your legs tired from
running through my mind?***

Cheesy pick up lines aside, you know you are in love when you can't stop thinking about your partner. They are the first thing on your mind and the last, too. You constantly find excuses to be with them and miss them when they aren't around.

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This means you have a physical, mental and emotional bond to them and proves you have been bitten by the love bug.

When their opinion matters

A friend once told me she hated long hair, but wore it that way because her boyfriend liked it. It didn't make

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sense to me until I fell in love myself. The truth is that when in love, you always care about what the other person thinks, even if it means changing yourself a bit. If you love them, what your partner thinks is always important. Have good or bad news? Ready to go out there and buy a tech toy or a fancy \$400 dress? You'll find

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yourself asking them. Their opinion is important and so are their reactions to news concerning you, good or bad.

What do you guys think?

If they are important to you, chances are, you want others who are also important to you, that is your

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family and friends to think so, too. Putting up photos of each other on Facebook and going on and on about him to your best friend are signs you are probably ga-ga in love.

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Commitment Phobia? Not me!

Think about your life five years down the line. Can you picture you and your partner still together? How about in the next ten, twenty or even fifty? Do you want to grow old with them? Observe your reactions when your partner asks for a commitment: it

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could be moving in together, getting married, raising a puppy, going to someone's wedding as their plus 1. Do you feel you aren't ready to take these steps? If you think the relationship is moving too fast for your liking, then you are probably afraid of commitment and therefore not exactly in love.

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Trust

They say that trust is the foundation for any relationship. Don't trust them when they say they are hanging out with their friends tonight? Are you constantly looking for signs they are cheating on you? Do you pray they won't find someone better on their

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business trip in Hawaii? It is perfectly okay to have fleeting thoughts occasionally, but when these thoughts get too frequent: your instincts are saying you don't trust them. Let's be clear: it is not like people who are in love don't get cheated on, they do. What I am pointing out here is the absence or lack of trust. If love was built on

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such a shaky foundation of trust, it's like a pizza with a crumbly base: not a pizza at all.

Emotional Dynamite

When you invest more, you get more invested. The same applies for someone in love: they place more emotions on their object of affection and

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thus, this object can elicit strong emotional responses. From happiness to sadness, anger to shame, from being overwhelmed to disappointed--if you really love your partner, they can bring about these responses in you.

Are you having flashes of irritation when you watch someone (who is not their

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sibling or otherwise related) give them a peck on the cheek; while mentally yelling "Get off my property!"? Before you check yourself and smile sheepishly, take it as an example of irrational but uncontrollable behaviour when you have been struck with cupid's arrow.

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Scream it from the rooftops

The above is the famous iPhone assistant, Sirie's advice for those in love. It's as simple as that: if you are in love you feel like telling the one you're in love with and additionally, the whole world. It's like this magical feeling of goodwill and happiness.

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you feel like sharing with everyone, be it human, animal, plant or insect.

Taking a stand for those who are shy or have been hurt--this can be a serious paradox. You could be haunted by thoughts about what could go wrong if your partner rejects you or confess they like, but don't love you. Therefore, it's only

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the feeling you want to tell them, and not the act that determines you are in love.

Time will tell

Lastly, one foolproof but somewhat time-consuming way to determine whether you are in love or just in love with the idea of being in love

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is to wait for around a year before you decide. This is because there are hormones like Cortisol and serotonin buzzing around, boosting your thoughts and feelings in the favor of love. A 2005 study found a chemical protein molecule known as the nerve growth factor (NGF) that reaches high levels when people first get

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into a relationship, but then simmers down within a year. You may feel like jumping in a week after you are going out, and claim you are in love, but that's just society and the stupidity-endorsing dopamine hormone at work. In love, like everything else, patience really does pay.