



A W A K E N
p s y c h o l o g y

healing

through

growth



This article is about relationships.

It explores the type of love that keeps our intimate relationships connected.

And don't forget, our last article was about our newest team member, Michelle. [Click here](#) to find out about Michelle, and to access all our previous articles!

Hot, Steamy and Passionate Love or Tame, Less Intense and Warm Love?

By Amanda Pulford
Director and Clinical Psychologist
(BPsych Hons, MPsych Clin)

Have you ever described your relationship as “less intense”, as reflecting a “tame” type of love? I bet you haven't. When it comes to romance, most people want it in excess. They want the emotional intensity – a steamy experience filled with desire and passion. But does this type of ‘wild’ love lead to a healthy, ongoing, long-term love? Read on to find out more.

‘Wild’ love : a steamy experience, fiery, intense

If you're interested in our previous articles, please click [here](#)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Glenelg South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100

desire, almost an obsession. 'Wild' love can make you feel young, alive, and yearning. It seems worthier of our energy than the low intensity of 'mild' love. 'Wild' love feels pleasurable to express to our partner, even if it's just in words. However, 'wild' love can be dangerous – it can contribute to poor choices, and it can destroy relationships.

'Mild' love : seems like an offense, something that we don't readily admit to – and certainly not to our partners. Some people see 'mild' love as restrained – which evokes a sort of loss of hope and feelings of sacrifice. Others feel that gentle romantic intensity is an expression of inadequate love. And although most of us have felt it, we don't see it as romantic.

In reality, love encompasses a spectrum of all emotions. Love is never "always" intense, extreme and positive, nor should it "always" be full of arguments and negative. But without a range of emotions, we can lose the larger perspective. If we "always" expect our emotions to be intense and extreme, then we may miss the beauty in enjoying coffee or going for a walk with our partner. Further, deep love does not involve the complete absence of passionate experiences from our lives, but rather the continued presence of gentle 'mild' love and

the absence of continuous intense peaks of super-passionate and super-dispassionate experiences.

So, is it 'wild' love that creates a healthy, ongoing, long-term relationship, or is it 'mild' love? Research demonstrates that excitement decreases over time in relationships; however serenity, caring, kindness, loyalty and wisdom increases with age, along with the longevity of a couple's relationship. Further, research also shows that long-term deep love leads to greater happiness in couples, and higher life satisfaction.

Embrace that warm fuzziness of affection and tenderness that 'mild' love produces – you'll feel happier with yourself, your partner, and your life. And tell your partner that you love the mild and calm love that you have.

If you, and/or your partner, would like to discuss your relationship in more depth, and pick up some useful tools and techniques to really connect with each other, then please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Glenelg South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100