

ROMANTIC RELATIONSHIPS

How do I know if I'm in love?

KEY WORDS

crush | emotions | respect | honesty | gut feeling



If you catch yourself daydreaming about that special someone, getting butterflies, always wanting to be close to them or feeling a bit off when they're not around, Cupid might just be working his magic on you.

Let's first go over what the experts say about young love.

- Are you feeling **hyper-focused on your crush and disinterested in others**? That's a classic sign.
- ✓ Have you been experiencing a **rollercoaster of emotions**? Perfectly normal, my friend.
- ✓ And do you suddenly **care a lot about what others think** of your crush? Young love can make us more sensitive to
- ✓ others' opinions.

If you'd like to learn more about the science behind falling in love and how it impacts us physiologically, check out this cool infographic!



Now, let's get back to talking about the emotional side of things. Being head over heels in love isn't just about big, romantic gestures. It's about **everyday moments**. If you enjoy their company, share jokes and interests, and can be your authentic self, you might be in love already.

But wait, love isn't just fuzzy feelings; it's about **respect, understanding and remaining interested during hard times**. If you also care for their well-being, support their dreams, take pride in their accomplishments and embrace their personality beyond their physical appearance, that's the L-word in action.

Let's talk about how you communicate with each other: If you're eager to talk about everything, from your day to the meaning of life, and you're just as good a listener – that's a good sign. Even more so if you show **willingness to solve conflicts** with a happy resolution for everyone.



So, how can you know if you're in love? **Trust your instincts**. Pay attention to how you feel when you're around them, how you talk about them to your friends, and whether you're ready to navigate the ups and downs of life together and make long-term plans.

Love is a journey, not a destination, so it's okay to take your time figuring it out because **love isn't always a lightning bolt** – it can sneak up on you like a quiet melody.

Embrace the uncertainty and enjoy the ride!



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