

# How to Find and Recognize Your True Love. Module 1. Lesson 8. Summary and Reflection.

## Module 1 Summary and Reflection.

Congratulations! You've made it through Module 1. Your actions demonstrate your commitment to yourself.

You now know that the passion you have at the beginning of a relationship is mostly chemicals in your body and mind. Eventually, this passion reduces as you become involved in the daily routines of life.

You will each go through developmental stages as you grow in your relationship with each other. When you've chosen a partner that's right for you, you'll grow even closer as time goes on!

You also discovered the power that your childhood and your past relationships can have on your current relationships. However, now that you know the influences to be aware of, you can consciously choose who you want to be with - unfettered by the past.

Lastly, you also discovered how the way you feel about yourself affects your relationships. Love yourself, and it will be easier to find others who will love you too.

### Self-Reflection Questions

1. What are three things which can overshadow the passion in your relationship?
2. What are ways to decide what is your priority in life?
3. What are five things which can make the early stages of moving in together difficult?

