

*Love is Crazy-*

*Making:*

**Romance, Intimacy  
& Mental Health**

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# Love & Money

- Rational vs. irrational mind
- Conscious vs. unconscious
- No schooling on emotion

# Love & Mental Health

- Harmonious relations
- Mental stability
- Physical well-being



**Love is blind**



# Projection

- Object of desire
- Hopes and dreams
- Image of father or mother

# Expectations & Needs

- Relationship
- Society
- Values
- Security





# Love and Psyche

- Pleasure principal (Freud)
- Object relations (Klein)
- Attachment styles (Bowlby)
- Anima and Animus (Jung)



# CG Jung



# Primal instincts





# Primal emotions

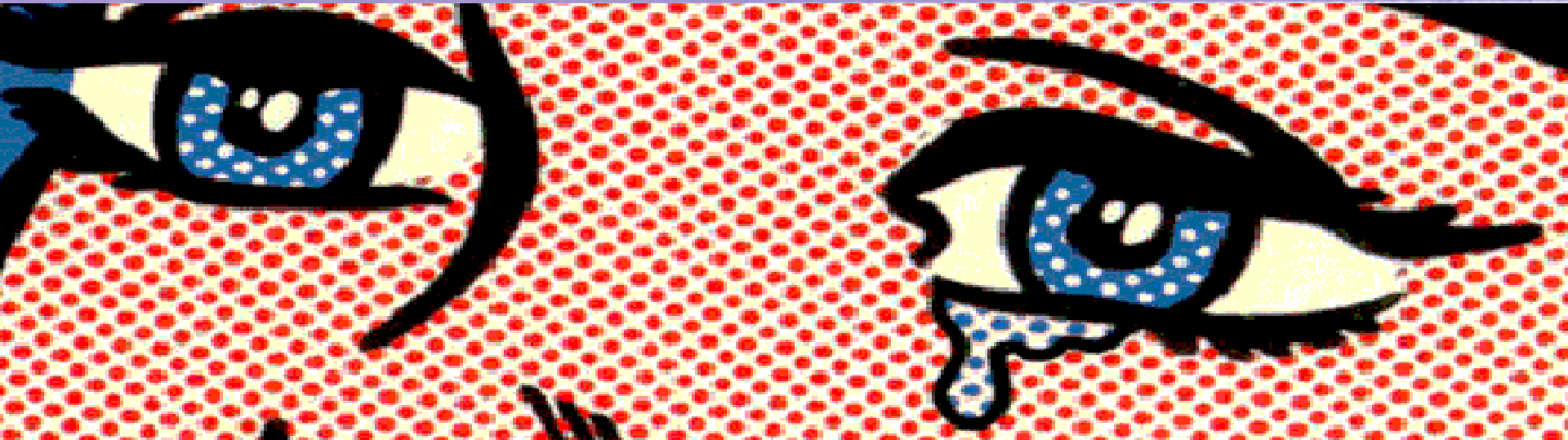
- Rage
- Envy
- Jealousy
- Possession
- Violence



# Addicted to love

- Bio-psycho-social
- Neuro-biological
- Dopamine pathway

# Psychic imbalance



- Addictive behavior
- Anxiety & depression
- Losing yourself in the other

# Finding psychic balance





# Strengthen Sense of Self

- Psychotherapy
- Self-awareness
- Ego-strength
- Identity formation

# Regulation of emotion





# Expressive arts

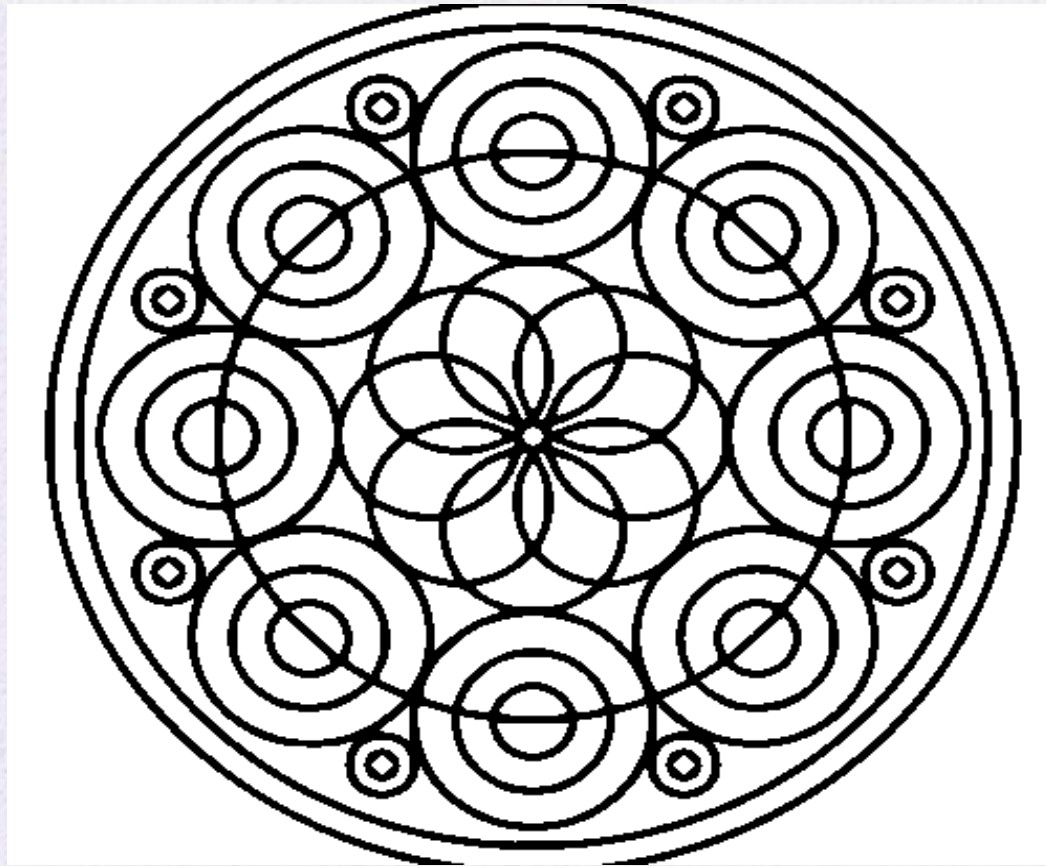
- Access unconscious material
- Pictures and dreams
- Body awareness



# Conclusions

- Finding psychic balance
- Strengthening sense of Self
- Self-expression & creativity
- Addressing the spiritual void

**Thank you for your attention!**



*Brinda @beautifulmind.cc*