

# PSEUDO LOVE

EGO MOTIVE	PRESUMED BENEFIT	ACTUAL DOWNSIDE
<b>COLLUSION</b>	Pleasing loved ones/gaining their favor by satisfying their ego. Trying to make the relationship last by self-protectively avoiding confrontation.	Hurting the beloved by supporting destructive tendencies (tendencies which only undermine the relationship in the long run).
<b>MANIPULATION</b>	Getting what I (selfishly) want by sweet-talking, coercion, guilt-tripping, etc. Exerting control and dominance over the beloved immorally.	Lack of genuineness and real connection. Hurting the beloved's heart. Creating ill will, distance, and distrust.
<b>MARTYRDOM</b>	Seeming virtuous, loving, and self-sacrificing even while neglecting higher virtues of love (vulnerability, sensitivity, responsiveness, attentiveness, etc.)	A treadmill of fruitless effort with only exhaustion, disillusionment, alienation, and heartbreak to show for it.
<b>UNHEALTHY ATTACHMENT</b>	The "security" of owning the beloved exclusively. Satisfying or fulfilling selfish, addictive desires.	Harvesting the bitter fruit of jealousy, hyper-control, and insecurity. Losing sight of the beloved's best interests and feelings.
<b>UNHEALTHY OBSESSION</b>	Reaping huge rewards by means of intense focus on an object of desire.	Destroying one's peace, losing a sane and loving perspective, alienating people.
<b>PLEASURE TREASURE</b>	To be gratified and satisfied. To enjoy pleasure or some other ego-appealing treasure.	Suffering the pain and desolation caused to oneself and others by unlove and greedy, self-indulgent living.
<b>SELFISH SELF-INTEREST</b>	Getting what I want (even at the cost of real love).	Sacrificing the beloved's best interests and good will. Sacrificing rightness & self-esteem.
<b>SHALLOW AGAPE LOVE</b>	Appearing loving and enjoying minimal connection with people while avoiding the bigger, more beneficial challenges of close relationship.	Shallow relationships. Loneliness. Being under-nourished and under-nourishing. Never gaining real competence in loving.