



LUST vs LOVE

**Physical connection -
how it looks, smells, and feels**

**Emotional connection -
how someone makes you feel,
conversations, and support**

**All about satisfying
your own desires**

**Long-term and enduring;
it grows stronger over time**

**Short-term and intense;
it fades quickly**

**About putting the other
person first**

**Often based on superficial
qualities like looks, status,
and material possessions**

**Based on deeper qualities
like character, personality,
and values**

**Passionate and exciting,
like a rollercoaster ride**

**Compassionate and
comforting, like a warm hug**

Love Lust And Lube A Guide To Being Sex Positive

Prof Benton Crona



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