

LOVE IS IN THE AIR

Level: B2/C1

Ex.1. What comes to your mind when you think about about Valentine's Day ? Is it an occasion that you enjoy celebrating? What are the most popular ways of celebrating it? Have you ever celebrated it in an unconventional way?



source: pexels.com

Ex.2.a. Match the words with their meanings.

1. to hanker after

2. damsels in distress

3. vow

4. nightingale

5. virtuous

6. to weep

7. to preoccupy

8. to neglect

9. akin

10. downfall

11. assembled

12. amalgamated

13. lust

14. fondness

15. filiation

16. longevity

17. reciprocate

18. conquest

19. no strings attached

20. compatibility

21. haughtiness

22. enmity

a) zaniedbywać

b) cnotliwy

c) tęsknić za

d) upadek

e) rodowód

f) wyniosłość

g) bez zobowiązań

h) zgodność

i) dziewczęta w niebezpieczeństwie

j) zaprzętać, absorbować

k) połączone

l) szlochać

m) długowieczność, długość życia

n) wrogość

o) słownik

p) pokrewny

q) zmontowane

r) przysięga

s) czułość, zamięłowanie

t) podbój

u) odwzajemniać

v) żądza

Ex.2.b. You are going to read the article adapted from The Psychology Today „These are the 7 types of love and how we can ignore the most available and potentially fulfilling types”. Pay attention to the new vocabulary.

[Article revised on 27 April 2020.]

Most of us seem to be hankering after romantic love. But few of us realize that, far from being timeless and universal, romantic love is a modern construct (...) In the past it was linked to love and lovers, damsels in distress swooning in lonely lodges, (...)horses ridden to death on every page, gloomy forests, troubles of the heart, vows, sobs, tears, kisses, rowing-boats in the moonlight, nightingales in the grove, gentlemen brave as lions and gentle as lambs, too virtuous to be true,(...) and weeping like fountains.

But there are, of course, many other ways to love. By preoccupying ourselves with romantic love, we risk neglecting other types of love that are more stable or readily available, and that may, especially in the longer term, prove more healing and fulfilling.

The Ancient Greeks had several words for love, enabling them to distinguish more clearly between the different types.

I'm now going to guide you through seven types of love, each with a name from Ancient Greek.

These seven types of love are loosely based on classical readings, especially of Plato and Aristotle, and on JA Lee's 1973 book, *Colors of Love*.

1. Eros

Eros is sexual or passionate love, and most akin to the modern construct of romantic love. In Greek myth, it is a form of madness brought about by one of Cupid's arrows. The arrow breaches us and we "fall" in love, as did Paris with Helen, leading to the downfall of Troy and much of the assembled Greek army.

In modern times, *eros* has been amalgamated with the broader life force, something akin to Schopenhauer's will, a fundamentally blind process of striving for survival and reproduction. *Eros* has also been contrasted with *Logos*, or Reason, and Cupid painted as a blindfolded child.

2. Philia

The hallmark of *philia*, or friendship, is shared goodwill. Aristotle believed that a person can bear goodwill to another for one of three reasons: that he is useful; that he is pleasant; and above all, that he is good, that is, rational and virtuous. Friendships founded on goodness are associated not only with mutual benefit but also with companionship, dependability, and trust.

For Plato, the best kind of friendship is that which lovers have for each other. It is a *philia* born out of *eros*, and that in turn feeds back into *eros* to strengthen and develop it, transforming it from a lust

for possession into a shared desire for a higher level of understanding of the self, the other, and the world. In short, *philia* transforms *eros* from a lust for possession into an impulse for philosophy.

Real friends seek together to live truer, fuller lives by relating to each other authentically and teaching each other about the limitations of their beliefs and the defects in their character, which are a far greater source of error than mere rational confusion: they are, in effect, each other's therapist—and in that much it helps to find a friend with some degree of openness, articulacy, and insight, both to change and to be changed.

3. Storge

Storge ["store-jay"], or familial love, is a kind of *philia* pertaining to the love between parents and their children. It differs from most *philia* in that it tends, especially with younger children, to be unilateral or asymmetrical. More broadly, *storge* is the fondness born out of familiarity or dependency. Compared to *eros* and *philia*, it is much less contingent on our personal qualities.

People in the early stages of a romantic relationship often expect unconditional *storge*, but find only the need and dependency of *eros*, and, if they are lucky, the maturity and fertility of *philia*. Given enough time, *eros* tends to mutate into *storge*.

4. Agape

Agape ["aga-pay"] is universal love, such as the love for strangers, nature, or God. Unlike *storge*, it does not depend on filiation or familiarity. Also called charity by Christian thinkers, *agape* can be said to encompass the modern concept of altruism, as defined as unselfish concern for the welfare of others.

Recent studies link altruism with a number of benefits. In the short-term, an altruistic act leaves us with a euphoric feeling, the so-called "helper's high". In the longer term, altruism has been associated with better mental and physical health, and even greater longevity.

At a social level, altruism serves as a signal of cooperative intentions, and also of resource availability and so of mating or partnering potential. It also opens up a debt account, encouraging beneficiaries to reciprocate with gifts and favours that may be of much greater value to us than those with which we felt able to part.

More generally, altruism, or *agape*, helps to build and maintain the psychological, social, and, indeed, environmental fabric that shields, sustains, and enriches us. Given the increasing anger and division in our society, and the state of our planet, we could all do with quite a bit more *agape*.

5. Ludus

Ludus is playful or uncommitted love. It can involve activities such as teasing and dancing, or more overt flirting, seducing, and conjugating. The focus is on fun, and sometimes also on conquest, with no strings attached.

Ludus relationships are casual, undemanding, and uncomplicated, but, for all that, can be very long-lasting. *Ludus* works best when both parties are mature and self-sufficient. Problems arise when one party mistakes *ludus* for *eros*, whereas *ludus* is, in fact, much more compatible with *philia*.

6. Pragma

Pragma is a kind of practical love founded on reason or duty and one's longer-term interests. Sexual attraction takes a back seat in favour of personal qualities and compatibilities, shared goals, and "making it work".

In the days of arranged marriages, *pragma* must have been very common. Although unfashionable, and at a polar opposite of romantic love, it remains widespread, most visibly in certain high-profile celebrity and political pairings.

Many relationships that start off as *eros* or *ludus* end up as various combinations of *storge* and *pragma*. *Pragma* may seem opposed to *ludus*, but the two can co-exist, with the one providing a counterpoint to the other(...).

7. Philautia

Philautia, finally, is self-love, which can be healthy or unhealthy. Unhealthy self-love is akin to *hubris*. In Ancient Greece, people could be accused of *hubris* if they placed themselves above the gods, or, like certain modern politicians, above the greater good. Many believed that *hubris* led to destruction, or *nemesis*.

Today, "hubris" has come to mean an inflated sense of one's status, abilities, or accomplishments, especially when accompanied by haughtiness or arrogance. Because it does not accord with the truth, hubris promotes injustice, conflict, and enmity.

Healthy self-love, on the other hand, is akin to self-esteem, which is our cognitive and, above all, emotional appraisal of our own worth. More than that, it is the matrix through which we think, feel, and act, and reflects on our relation to ourselves, to others, and to the world.

In everyday language, "self-esteem" and "self-confidence" tend to be used interchangeably. However, self-esteem and self-confidence do not always go hand in hand. In particular, it is possible to be highly self-confident and yet to have profoundly low self-esteem, as is the case, for example, with many performers and celebrities.

People with healthy self-esteem do not need to prop themselves up with externals such as income, status, or notoriety, or lean on crutches such as alcohol, drugs, or sex. They are able to invest themselves completely in projects and people because they do not fear failure or rejection. Of course, they suffer hurt and disappointment, but their setbacks neither damage nor diminish them. Owing to their resilience, they are open to growth experiences and relationships, tolerant of risk, quick to joy and delight, and accepting and forgiving of themselves and others.

In closing, there is, of course, a kind of porosity between the seven types of love, which keep on seeping and passing into one another.

For Plato, love aims at beautiful and good things, because the possession of beautiful and good things is called happiness, and happiness is an end-in-itself.

Of all good and beautiful things, the best, most beautiful, and most dependable is truth or wisdom, which is why Plato called love not a god but a philosopher.

source:thepsychologytoday.com

Ex. 2.c. Fill in the gaps with appropriate words in correct forms.

**virtuous, vows, lust, downfall, neglecting, weeping, hanker after,
no strings attached, damsels in distress, conquest**

1. After John had been abandoned by his girlfriend, he was _____ for days.
2. _____ your loved one may lead to an affair.
3. A lot of people believe that the 21st century is a _____ of romantic love.
4. Attraction and _____ are main ingredients of relationships among young people.
5. A lot of us secretly _____ romantic love.
6. During a wedding ceremony _____ are exchanged between the bride and the groom.
7. In stories for kids there are kings, queens, and _____ waiting for a knight on a white horse.
8. Romantic movies are full of handsome, wise and _____ gentlemen who are too perfect to be true.
9. Nowadays a lot of people want to be in a relationship with _____.
10. Going on a date with a pretty lady is treated as a _____ by some men.

Ex.3.a. You will watch a TEDx Talk in which social anthropologist Jean Smith talks about flirting.

„The Science of Flirting: Being a H.O.T. A.P.E.” |

<https://www.youtube.com/watch?v=5cQoGNEcc5Q>



Ex.3.b. Based on the video write down what H.O.T. A.P.E. stands for.

H. -

O. -

T. -

A. -

P. -

E. -

Ex.3.c. After watching the video decide if the sentences are true or false.

1. People have always flirted in the same way.
2. We should try to attract only the people who match us.
3. When we want to flirt with someone we should have an open posture. Our shoulders and feet should be pointed in our partner's direction.
4. Flirting should be seen as strangers evaluating our worth.
5. If you are a female, you shouldn't be proactive. It's better to wait for a second person to do the first move.
6. If you want to let a person know that you are interested in them, you should lightly touch their hand.

Ex.3.d. Jean Smith said that she's been teaching people how to flirt for over a decade.

- a) Are you surprised that a person can make a career out of it?
- b) What do you think about taking flirting lessons? Do people really need them?

- c) Are you good at flirting? How do you know?
- d) Do you consider flirting a pleasant activity or is it a necessary evil?

Extra Activity

You will watch an introduction by Kate Winslet to a movie „The Holiday.”

<https://www.youtube.com/watch?v=OGrSRXL7mYc>



1. She mentions two citations by Shakespeare:

- „Journeys end in lovers meeting”
- „Love is blind”

What do these quotations mean? Do you agree with them? Which one makes more sense to you?

- 2. What is unrequited love? Have you ever experienced it? How did you deal with it?
- 3. What are the usual symptoms of love according to Iris?
- 4. What may happen with love? Does it always end well?