

## **Captured in Love**

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Sarah asked, “What do you do if your heart is in love with someone who is not available? Should I keep hoping or move on?” The short answer to those who have fallen into the fog of euphoric lust is “move on.” We can let this state of “in love” rob us from valuable time and energy and dead end us from truly living. It’s interesting that experimental rats will quit going to empty food trays and will begin to search for nourishment in new territory. We humans need to identify when we are caught in fantasy with unrealistic optimistic, wishful and unrealistic thinking.

Sarah knows this person is “not available.” This is not a clue. It is a fact. The other fact is she deserves to have her heart held by someone who will give his or her all. Three books come to mind that may help: ***Are You the One for Me?*** by Barbara De Angelo, ***Who Moved My Cheese?*** by Spencer Johnson and ***The Five Love Languages*** by Gary Chapman.

Here are some thoughts about moving forward:

- Tell yourself. “I deserve to find *the one for me.*”
- Get exposure and show you are *available*. Appropriate flirting is encouraged. Engage in sports clubs, serve on organizations’ executives, walk or run for a good cause and volunteer for your favorite charity.
- Discipline yourself to see people with both strengths and weaknesses. As Gary Chapman wrote, “The person who is “in love” has the illusion that his beloved is perfect. His mother can see the flaws but he can’t.”
- Keep your eye open for someone who initially you could call “friend.”

Is commitment a big deal? As my mother says, “Probably seven out of ten relationships would work, if the parties agreed to commit.” She is talking about committing to you as the primary relationship, will to work at improving the weak spots and definitely available. Good luck finding that person who will commit to being your lifetime friend and partner.

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