

怎么知道你是否在恋爱！

真爱的十个测试

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“我怎么知道自己是否真的在恋爱？”

有一次，一个年轻人带着这个问题来问母亲。他承认自己对几个女性朋友很尊重，也很欣赏。但是，他想知道在这几个人中间，怎么知道自己真正爱的是哪一个？他有办法知道吗？用什么办法能够知道？

他的母亲很有智慧，她既没有嘲笑自己的儿子，也没有搪塞他说时间到了，自然就会知道。相反，她让儿子坐在自己身边，握着儿子的手，心里对儿子充满爱的真情，从她自己的人生经历中，对儿子讲述了如何去做真爱的测试。

最近我在阅读南方一家知名大学的社会学系学科带头人写的一篇文章时，这件事涌上心头。这篇文章的作者对该校学生多年进行深层次心理辅导。在这个过程中，他做了一项非常全面完整的调查。这篇文章就是根据这个调查的结果写成的。作者从自己丰富的经验中，编辑出下面十项测试，用来帮助人们弄明白什么时候才算是陷入真正的恋爱。

我们希望这些测试，不仅能够训练你的头脑，也能够激励你的心灵。

测试一、你不断地想念对方吗？

我们是要清楚知道你是否在恋爱。这就是第一个测试：*你非常想念这个人吗？对方总是在你心里出现吗？你醒着的时候多数时间都是在想他/她吗？你的思想很少会不去想他/她吗？*

你知道真正爱一个人是一件全方位的事情。当爱是发自真心时，它是持续的，也是易受伤害的。它占据的领域不仅包括你的思想，也包括你的心灵，有时甚至连你的胃口也受到影响。被爱的人的形象充满在你周围的整个空间里。

如果情况不是这样，那么你就不是真的在恋爱。你如果几小时、甚至几天都不去想对方；如果你自己在家的時候，其他的朋友同样占据你的思想；如果你想

起对方，只是因为其它物的出现；或者如果你只在看到对方的时候才想起他/她，那么，我可以肯定地说，你对对方的兴趣只是对普通朋友的兴趣。

如果你自己不管你身处何处，不管是在家里、在办公室、在教室里、在海上，或者你是和其他朋友或者陌生人在一起；你不管是在逛马路，还是在学拉丁文，他/她总是出现在那里，对方的脸在对你微笑，他/她人格的热情让你的心灵很受鼓舞，哦，天哪· · · · ·

你会开始发现自己很难集中精神。一次又一次，你发现自己的思想在漫游、漫游、漫游，你必须不断用力才能把它拉回来。这种情形实在太糟糕了，但是你却对此无能为力。你的思想似乎刻意要专注在对方身上。那必须我诚实地告诉你，这实在是个问题。但是爱就是这样的，我说的是真正的爱。这样一直专注在你所爱的对象身上是会产生一些问题的。例如，你无法完成自己的工作。但是又有什么办法呢？这确实是真正陷入恋爱的最主要特点之一。

你大概经常听到这样一段话：“在春天，一个年轻人的幻想很容易转化为爱的思念。”这句话的意思是不管一个人在做什么，或者不管他的工作有多么重要，他会发现自己的思想却被对那位特殊的年轻女士的想念所俘虏。在这里，我并不是要暗示这种事情只会在春天发生，因为真正的爱在永恒的春天滋生，在爱人心里，构成春天的元素就是被爱的人在自己思念中的出现。

例如，你正在计划着某件事情，却突然发现，对方总是坐在你计划的最前排座位上。或者，你正在试图解决某个问题，问题的解决方案，无意识地，却总是对对方有利的。再者，你正在思考未来，而最让人愉快的道路却是经过他/她家门口的这条。

你正在购物，下意识地买了苹果派，因为那是对方最喜欢吃的。你正在逛街，心里却在想着如果对方穿着那件粉色衬衫或带着那个紫色贝雷帽是什么样子。

距离不再是阻碍。对真正陷入恋爱的人来讲，无论是几个英里之外或者跨越大陆都毫无影响。有时距离甚至可以推进真爱的进程。另外你自己的境遇对真爱也没有影响。不管你是身处困境，还是刚刚取得决定性胜利，你爱的人一直在你的思想里。

生理学家，或者心理学家，或者任何可能应该明白这种情况的人告诉我们，在一个普通人的大脑中至少有150亿个脑细胞。当一个人真的在恋爱的时候，爱人的形象是被刻在每一个脑细胞里的。事情就是这样。你无法改变，世界上又有什么人想要去改变这种情况呢？

How To Tell If You're In Love – 10 Tests For True Love by William W. Orr

How can I tell if I am in love

A young man once went to his mother with this question. He admitted he had a number of girl friends whom he both admired and respected. But he wanted to know how to choose the one whom he really loved. Was it possible for him to know? By what means could he tell?

Now this mother was very wise, and neither laughed at him nor put him off by telling him he'd know when the time came. Rather, she had him sit by her side, took his hand in hers and out of her heart of deep affection, and from her store of life experience she understandingly counseled him on the tests of true love.

This incident was brought to mind recently as I happened to see an article by the head of the department of Sociology of a prominent southern college. The author described a comprehensive survey made from many years of intimate counseling with the students of the college. Out of a wealth of experience the author had compiled a list of ten sure tests to determine when one is truly in love.

Then, there's also a beautiful analogy here to our love for Christ.

To believe in the Lord Jesus Christ as our Savior for free salvation (the free "ticket" to Heaven) is enough. But after believing in Christ, we need to grow and learn to love Christ. There is a great difference between believing in Christ for free salvation which you can never lose and learning to love Christ to grow to maturity. These 10 tests for love help us to see how much we love Christ, as well as how much we may love someone for marriage.

These tests seem to apply equally well as a measurement of the love we bear to our Lord. It is not news to tell you that the Christian world is filled with many whose love for Christ is questionable indeed. With these it is not a question of their salvation, but rather...just how much do they love Him?

We hope these pages will not only educate your mind, but stimulate your heart as well.

Test Number One

Do You Think Of...

Our problem is to determine if you're in love. Here then is test number one...do you think of this person a great deal? Is he constantly in your mind? Do most of your waking thoughts take him in? Is he rarely out of your contemplation?

You see, true love is an all-embracing thing. When it's the genuine article it's so constant it hurts. Its field is not only the mind, but the heart as well, and sometimes the stomach too. The image of the one who is beloved just fills the whole horizon.

If, on the other hand, the reverse is true, if you can go for hours or even days and not think of him (or her); If other friends are just as much at home in your thoughts; If you think of him only when there is some special stimuli; If he pops into your mind only when he pops into your vision: Then, I'd say, it is fairly established that your interest is only a general one.

Your own whereabouts seems to make no difference. You can be at home, at the office, in the classroom or over the rolling sea. You can be in the company of friends or strangers. You can be window shopping or studying Latin. There he is. His face is smiling at you. The warmth of his personality is lifting your spirits. Ah, me...

More than likely you'll find real difficulty in concentrating. Time and time again your thoughts will wander, wander, wander, and you'll have to jerk them back. Too bad, but there isn't much you can do about this. Your mind seems to be determined to concentrate on him. I'll be honest with you. This is a real problem. I mean as far as getting your work done. But love is like that, I mean true love. This matter of constantly considering the object of your affection has its bad points. You just don't get your work done. But there it is. And this is surely one of love's primary characteristics.

You've often heard the quotation "in the spring a young man's fancy lightly turns to thoughts of love." The meaning is that in spite of what a person may be doing, or even the importance of the task, he will find his mind captive to the thoughts that concern that particular young lady. Nor do I mean to imply that this happens only in spring, for love lives in an eternal spring, and the elements that makes for spring in love's heart is the mental presence of the one beloved.

...**Him Constantly?**

For instance, you'll be planning something or other and lo and behold there he is sitting right on the front seat of your plans. You'll be attempting to solve a problem and quite unconsciously the solution will be the one that favors him. You'll be contemplating the future and the most pleasant pathway will be the one that passes right by his door.

You'll be shopping for groceries and before you know it you'll be buying the makings of an apple pie just because he likes it. You'll be walking along the avenue looking into the store windows and wondering how he'd look in the pink shirt or purple beret.

Distance seems to be no bar. Miles that separate or even intervening continents seem to make no difference to true love. Sometimes they even enhance it. Nor do circumstances affect it. You may be in deep difficulty or in overwhelming triumph, and still the one who is loved is in your thinking.

Physiologists or psychologists, or whoever is supposed to know, tell us that there are no less than fifteen billion brain cells in the average human head. And when one is truly in love, it seems as if the portrait of the one beloved is enshrined in every one of them. That's the way it is. You can't change it, and who in the world would want to?

But please allow me to make a very beautiful analogy here. The very same rules that obtain between real sweethearts also apply to our love for our Lord Jesus Christ. If you truly love Him, you'll constantly think of Him.

I'm not really talking about salvation here. I'm presuming you already know Christ as your personal Savior. I'm taking it for granted that the miracle of redemption has already transformed your heart and life. In other words, this matter applies only to real Christians.

There's so much misunderstanding at this point. Far too many people think that a Christian is merely one who is semi-respectable or has never done anything particularly wrong. But the Bible is very insistent here. A Christian is one in whose heart of hearts dwells the living Christ. Becoming a Christian is a miracle of God's grace. In fact, it's the greatest miracle of all times. And it's wholly a work of God for man and never a work of man for God.

It's a tragedy to have to say it, but it's true nevertheless, that the Christian world is filled with folks who have never learned to love Christ. They've accepted Him as Savior. They certainly do not want to go to Hell. They're planning on a mansion on Hallelujah Avenue some day. They'd be horrified if anyone even suggested that they were not saved.

But they do not love Christ. And how do we know? Well, we can apply this present test. They do not think of Him. Oh, there may be a fleeting thought or two on Sunday morning...if they get up in time to attend services. But from Sunday noon to Saturday night their hearts and minds are full of other subjects...business, pleasure, amusement, career, making money, selfish aims and ambitions.

God isn't satisfied for us to know Christ. He wants us to love Him, and let me tell you, Jesus Christ is truly a most wonderfully Person. As you come to know Him, intimately and personally, you will most certainly love Him. You can't help it.

How about a bit of a check on your affection for Christ? Do you know if you love Him? Is He more than just an impersonal Friend? Does He occupy the throne in your heart? Do you truly love Him?

Well, this is one way to find out. How do you think about Him? Does He occupy a large part of your waking thoughts? When you awake in the morning do your thoughts go immediately to Him in prayerful thanksgiving?

When you plan, do you think of Him? When there's a problem, do you seek His incomparable counsel? Is He in your thoughts in work, play, office, home? Is He nearer, dearer than any other?

This then is a good test. Your love for Christ can be accurately measured by your thought life. I do trust that this test will indicate a deep, full and abiding love. He is truly worthy.

The Scriptures have several apropos admonitions. We are warned that as we think in our hearts, so are we. We are advised to think on the things of God and of Christ. It is always to our best interest to place our thought life at the disposal of the blessed Holy Spirit of God who will fill us

with the lovely truth regarding our Lord. Thus our love will grow and thus our love can be proved.

你的思想与你
-- 正确思考的力量

You and Your Thoughts—The power of right thinking