



## LOVE-STRUCK OR OBSESSED

Marian Baltazar  
Class of 1980, University of the Philippines College of Manila  
AB Political Science

There are times in our life when love comes unexpected to the point that even if he/she is out of sight, that person can never be out of our mind and then we begin to feel love struck or are we obsessed with this individual to the point of doing anything just for him/her to notice you? Most of the time you either go insane or restless because you always long and crave to see this person who became the apple of your eye. You become startled and just at the mere thought of not being able to see that person even for a day makes you agitated and uncomfortable. He/She starts bugging your mind and you try to think of ways on how he will be attracted to you. This mind-boggling experience or feeling is what obsession is all about.

To be love struck is a mellower but a spine-tingling sensation that happens to the best of us every so often. We come across a complete stranger in our life, then maybe he/she becomes an acquaintance and you find that person to be extremely attractive. Apparently, you develop a crush on him (which is a very normal feeling that everybody experiences), then suddenly it goes out of hand making it go over the extremes, which causes us not to behave normally. To keep a watch and find out if we are not only love struck but beginning to become obsessed, maybe we can consider some factors to serve as a checklist on this behavior that we have developed. These tips may be of help so we could create a borderline on our extreme unbecoming behavior and aide us to double check ourselves so as not to fall in that pit.

A person can be really obsessed with somebody whenever he does everything no matter what it takes. For instance letting everyone know that he or she will be his/her girlfriend or boyfriend and that you will try to make yourself believe that you will marry your crush. You will go as far as checking his/her personal profile, as in having a background check so as to obtain all about his whereabouts. Knowing that you are not really acquainted with this person is plainly showing a sign of obsession. Not only that, if in case you happen to be online friends then you frequently view his/her personal website every now and then since you share the same updates. If you are not acquainted with each other, then you view it for 6 times or even more in a month's time making you an online stalker. There is still that tendency to be creepy because you sneak everywhere trying to get snapshots of your crush without their consent and hang their pictures in your room or maybe hide it in a box. Storing their pictures in your home is a clear sign of being obsessed, not if you merely keep it in a keepsake box to serve as simply memoirs.

Another sign of obsessive behavior is when you google your crush's home address and try to observe his daily routine of what place does he/she usually come and go so that you could accidentally bump on him. The worst part of it is when you become extremely upset when your crush takes interest with someone else and you start treating that person nastily. If we did all kinds of advances, remained unnoticed and feel rejected, we should be able to move on without having a feeling of resentment because if you are unable to do so, then we are really obsessed. Yes, if you still constantly think about him even if he doesn't show interest on you for two to three months and you are still convinced that you will be with him, then you are clearly showing an obsessed behavior.

Obsession becomes even more dangerous when you physically and verbally attack your crush's loved ones (the girlfriend, wife, children and relatives), cursing them on an online website. Extremes may happen if you inflict pain on yourself to the point of trying to commit suicide because of rejection. You also put your crush in a very compromising situation like making threats, blackmail or assault. It will be a lot easier on you if you just remain to be somebody who is love-struck and not really obsessed.

Questions for discussion:

1. Have you ever been love-struck in your life? Explain further.
2. Have you in one point and time become obsessed with anybody? Was it worth it? Why or why not?
3. How do you define obsession?
4. How can you deal with an obsessed person or help him not to be one?
5. How can you describe the feeling of being love-struck? Explain your answer.