

Some meanings of authentic love

爱情真谛

Author: Anonymous

译文: 佚名

[译文修改、润色: 活龙](#)

Love means that I know the person I love. I'm aware of the many sides of the other person--not just the beautiful side but also the limitations, inconsistencies and flaws.

爱你, 就要指的是我了解你。我要解你的很多方面——不仅仅是其中有美好的一面, 还包括不足之处、矛盾之处以及各种缺点。

Love means that I care about the welfare of the person I love. If I care about you, I'm concerned about your growth, and I hope you will become all that you can become.

爱你, 就指的是关心你的幸福。如果我真的关心你, 就会关心关心你的成长, 并希望你在一切可能的范围内成全自己能成就自己。

Love means having respect for the dignity of the person I love. If I love you, I can see you as a separate person, with your own values and thoughts and feelings, and I do not insist that you surrender your identity and conform to an image of what I expect you to be for me.

爱你, 就指的是维护不会侵犯你的尊严。如果我爱你, 我就会把你看成一个独立的人: 你具有自己的价值观、思想和情感的独立的人。我, 而不会要求你为子我而改变你的个性放弃自己或者并屈从于我对你的期待。

Love means having a responsibility toward the person I love. If I love you, I'm responsive to most of your major needs as a person.

爱你, 指的是就要对你对你有责任心承担责任。如果我爱你, 就会把你看成一个有独立个性的人, 并对满足你作为人的多数重要需求作出反应。

Love means growth for both myself and the person I love. ~~If I love you, I am growing as a result of my love.~~ You are a stimulant for me to become more fully what I might become, and my loving enhances your being as well.

爱是, 指的是我和自己所爱的人能从中获取成长的力量一同成长。如果我爱你, 我就会因我的爱而不断成长。你将会激励着我更完美地自我实现我更充分地发展我的潜能, 而我对你的爱我爱你也将进一步完善让你的整个人生更加完美。

Love means making a commitment to the person I love. This commitment does not entail surrendering our total selves to each other; nor does it imply that the relationship is necessarily permanent. It does entail a willingness to stay with each other in times of pain, uncertainty, struggle, and despair, as well as in times of calm and enjoyment.

爱你，就要指的是对你做出某种承诺。这种承诺并非意味着我们完全屈从于对方，也不意味着双方的我们之间的关系一定会永久永恒不变。但相爱会让它实际上指的是我们有相互依存的决心在一起。不管是在平静和、欢乐的日子，也罢，还是在痛苦、迷茫、挣扎和、失望的时候也罢，我们都不分离。

Love means trusting the person I love. If I love you, I trust that you will accept my caring and my love and that you won't deliberately hurt me. I trust the reciprocal nature of our love.

爱你，指的是就信任你。如果我爱你，我就会相信你会接受我的关怀和爱，也相信你不会故意伤害我。我相信我和你心心相印。

Love can tolerate imperfection. In a love relationship there are times of boredom, times when I may feel like giving up, times of real strain, and times I experience an impasse. Authentic love does not imply enduring happiness. I can stay during rough times, however, because I can remember what we had together in the past, and I can picture what we will have together in our future if we care enough to face our problems and work them through.

爱需要可以容忍不完美。我们相爱的过程中时，我们也我们会感到厌烦，有时候我会想放弃，感到会感到紧张难以承受，也会会感到无望面临绝境。真爱并不一定会带来持久的幸福。然而，在厄境中我会坚持下去，因为我能想起我们过去有过的美好时光，我就能顶住困难。我也能预见，我们假如如果我们愿意面对、解决对自己的问题给予足够的重视并加以解决，我们就会有光明的前景。

Love is freeing. Love is freely given, not doled out on demand. Authentic love is not given with strings attached. There is an unconditional quality about love.

爱你，是自愿的。爱你，就要给你很多关爱只能是无偿的献出，而不是在要求时需要时施舍一点点。真爱的付出绝对没有任何附加条件前提。无条件才是爱，没有条件的品质。

Love is expansive. If I love you, I encourage you to reach out and develop other relationships. The honest evidence of our love is our commitment to encouraging another's full development.

爱，是敞开的。如果我爱你，会就鼓励你与别人建立向外发展并建立其他人际关系。鼓励对方去充分发展自己才是我们相爱的真实证明明证。

Love means having a want for the person I love without having a need for that person in order to be complete. If I am nothing without you, then I'm not really free to love you.

爱你，就指的是渴望需要得到我所爱的人你，但没有你，我依然不会因为缺少对方自己就会不完整。如果少了你我就无法生存无你则无我，那么我就无法自由自在地不会真的有能力去爱你。

Love means identifying with the person I love. If I love you, I can empathize with you and see the world through your eyes. I can identify with you because I'm able to see myself in you and you in me. This closeness does not imply a continual "togetherness", for distance and separation are sometimes essential in a loving relationship. Distance can intensify a loving bond, and it can help us rediscover ourselves, so that we are able to meet each other in a new way.

爱你，指的是我能就要理解你。如果我爱你，就会与你产生情感共鸣，并能通过用你的眼睛看世界。我之所以能理解你，这是因为我在你身上能看见我自己的影子，而你在我身上也能看见你自己的影子。这种亲密并不意味着我们一刻也不能分离。有时候，离别和距离恰恰无法避免，因为在两人爱的关系中离别和距离有时候是必要的。距离能加强爱的纽带，能帮助使我们重新发现自己-重新发现自己，从而我们就能以某种全新的方式认识对方。

Love is selfish. I can only love you if I genuinely love, value, appreciate, and respect myself. If I am empty, the all I can give you is my emptiness. If I feel that I'm complete and worthwhile in myself, then I'm able to give you out of my fullness. One of the best ways for me to give you love is by fully enjoying myself with you.

爱是自我的并不是无私的。我只有当我真正地爱自己、珍惜自己、欣赏并尊重自己，我才能爱你。如果我空虚，那么我能给予你的也只能是有空虚。如果我觉得自己充实完整并，活得有价值，那么我能给予你的也是充实和完整。我爱你地最佳方式之一就是充分的享受和你在一起的时光是爱你的一个最好方式。

Love involves seeing the potential within the person we love. In my love for another, I view her or him as the person she or he can become, while still accepting who and what the person is now.

批注 [CGH1]: 难道此人男女通吃?

爱你，指的是能就要看清到你的内在潜力。爱一个人时你，我就会一面接受对方的现状，一面把对方看成将来能成为的那种人同时把你当作有潜力的人。

带格式的: 突出显示

Mature love is union under the condition of preserving one's integrity, one's individuality. In love this paradox occurs that two beings become one and yet remain two.

成熟的爱指的是在保持个人完整、独立性的前提下所形成的同时合成整体统一。合二为一，却又一分为二，这就是是爱相爱的悖论中似是而非的矛盾现象。