12 MAJOR MASS MEDIA MYTHS & STEREOTYPES OF SEX, LOVE, & ROMANCE
AND CORRESPONDING PRESCRIPTIONS® FOR HEALTHY COUPLESSHIP

Numbered items = Dr. FUN’s Mass Media Love Quiz® • Rxs = Dr. Galician’s Prescriptions® for Getting Real About Romance

**PARTNER IS PREDETERMINED ...**
1. Your perfect partner is cosmically predestined, so nothing/nobody can ultimately separate you.
   *Rx: CONSIDER COUNSEL CANDIDATES.*

**RIGHT AWAY, YOU KNOW ...**
2. There’s such a thing as “love at first sight.”
   *Rx: CONSULT your CALENDAR and COUNT CAREFULLY.*

**EXPRESSION NOT NECESSARY ...**
3. Your true soul mate should KNOW what you’re thinking or feeling (without your having to tell).
   *Rx: COMMUNICATE COURAGEOUSLY.*

**SEXUAL PERFECTION ...**
4. If your partner is truly meant for you, sex is easy and wonderful.
   *Rx: CONCENTRATE on COMMITMENT and CONSTANCY.*

**CENTERFOLDS PREFERRED ...**
5. To attract and keep a man, a woman should look like a model or a centerfold.
   *Rx: CHERISH COMPLETENESS in COMPANIONS (not just the COVER).*

**ROLE OF GENDER (OR “REAL MEN”) ...**
6. The man should NOT be shorter, weaker, younger, poorer, or less successful than the woman.
   *Rx: CREATE COEQUALITY; COOPERATE.*

**INTO A PRINCE (FROM BEAST) ...**
7. The love of a good and faithful true woman can change a man from a “beast” into a “prince.”
   *Rx: CEASE CORRECTING and CONTROLLING; you CAN’T CHANGE others (only yourself!).*

**PUGILISM = PASSION ...**
8. Bickering and fighting a lot mean that a man and a woman really love each other passionately.
   *Rx: COURTESY COUNTS; CONSTANT CONFLICTS CREATE CHAOS.*

**TOTAALY OPPOSITE VALUES ...**
9. All you really need is love, so it doesn’t matter if you and your lover have very different values.
   *Rx: CRAVE COMMON CORE-VALUES.*

**INCOMPLETE WITHOUT MATE ...**
10. The right mate “completes you” — filling your needs and making your dreams come true.
    *Rx: CULTIVATE your own COMPLETENESS.*

**OF TEN, ACTORS = ROLES ...**
11. In real life, actors and actresses are often very much like the romantic characters they portray.
    *Rx: (DE)CONSTRUCT CELEBRITIES.*

**NOT REAL/NO EFFECT ...**
12. Since mass media portrayals of romance aren’t “real,” they don’t really affect you.
    *Rx: CALCULATE the very real CONSEQUENCES of unreal media.*