

REALISTIC ROMANCE[®]

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12 Major Mass Media Myths & Stereotypes of Sex, Love, & Romance and Corresponding Prescriptions[®] for Healthy Coupleship

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

PARTNER IS PREDESTINED ...

1. Your perfect partner is cosmically predestined, so nothing/nobody can ultimately separate you.
Rx: CONSIDER COUNTLESS 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.

TOTALLY 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.

OFTEN, 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.