

In the name of Allah the most compassionate, ever compassionate

The Psychology of Unspoken Love

V 2

By

Dr. Morteza Manteghi

Professor at Kharazmi University

Table of Contents

Table of Contents

INTRODUCTION.....	15
CHAPTER 1: REFLECTION ON UNSPOKEN LOVE	24
1-1. THEORETICAL AND RESEARCH LITERATURE ON UNSPOKEN LOVE	24
2- TRANSITION TO FIELD STUDIES	35
2-1. EXAMINATION OF REASONS FOR KEEPING UNSPOKEN LOVE UNSPOKEN	36
1-2-1. <i>Considering Concealment of Love as the Greater Jihad</i>	37
1-2-2. <i>Modesty and Shyness</i>	38
1-2-3. <i>Personal Pride</i>	39
1-2-4. <i>Feeling the Beloved is Unattainable</i>	40
1-2-5. <i>Foresight in the Relationship</i>	41
1-2-6. <i>Fear of Losing Reputation and Being Exposed</i>	43
1-2-7. <i>Societal Norm Not Accepting a Woman's Proposal of Love</i>	44
1-2-8. <i>Fear that the Unspoken Love Might Be Mistaken</i>	44
1-2-9. <i>Fear of Losing Minimal Connection with the Beloved</i>	45
1-2-10. <i>Fear of Rejection and Failure in Love</i>	46
1-2-11. <i>Awareness that the Beloved is in Love with Someone Else</i>	47
1-2-12. <i>The Beloved Being Married or Engaged</i>	47
1-2-13. <i>Fear of Harsh Reaction from Family and Associates</i>	48
1-2-14. <i>Incompatibility of Individuals' Life Requirements</i>	49
1-2-15. <i>Existence of Family Disputes</i>	50
1-2-16. <i>Difference in Belief Levels of Individuals or Their Families</i>	51
1-2-17. <i>Difference in Socio-Cultural Levels of Families</i>	52
1-2-18. <i>Difference in Economic Levels of Families</i>	53
1-2-19. <i>Low Capacity of the Counterpart</i>	59
1-2-20. <i>Young Age and Lack of Economic Power in Men</i>	59
1-2-21. <i>Feeling of Shame and Embarrassment</i>	60
1-3. HOW UNSPOKEN LOVE FORMS.....	62
1-3-1. <i>Personal Attractions of the Beloved</i>	62
1-3-2. <i>Attraction of Similarity in Interests and Ideals with Beloved</i>	63
1-3-3. <i>Lifestyle of the Person of Interest</i>	64
1-3-4. <i>Sense of Security</i>	66
1-3-5. <i>Allure of Women's Modesty and Chastity</i>	68
1-3-6. <i>Moral-Belief Attractions of the Individual</i>	70

1-3-7. Opening New Horizons Before the Individual	72
1-3-8. Empathy and Being Understood by the Other.....	75
1-3-9. Physical or Sexual Attraction of Beloved	76
1-3-10. Media Impositions	80
1-3-11. Unspoken Love Replacing Real Love Due to Family Restrictions	83
1-3-12. Seeking Love Amid Life Voids.....	83
1-3-13. Attachment to Childhood Playmates and Acquaintances	85
1-3-14. Playmates in Digital Games.....	86
1-3-15. Open Relations with Discerning Children.....	87
1-3-16. User Engagement with Vulgar Literature	88
1-3-17. Efforts to Obtain One's Desires Through the Beloved.....	90
1-3-18. Courtship Proposals	91
1-3-19. Personal Instability	92
1-3-20. Superstitious Beliefs.....	94
1-3-21. Creating Conditions for Unspoken Love to Retaliate Against the Opposite Sex.....	95
1-3-22. Establishing Emotional Relationships for Exploitation	96
1-4. Field Study of Unspoken Love	98
The Boundless Power of Love.....	108

CHAPTER TWO: EXAMINING THE INITIAL SIGNS OF UNSPOKEN LOVE 123

2-1. READINESS TO EXPERIENCE THE EXTRAORDINARY PHENOMENON OF LOVE	123
2-2. THE SUDDEN EMERGENCE OF UNSPOKEN LOVE	131
2-3. THE EMERGENCE OF CERTAIN BIOLOGICAL TRANSFORMATIONS WHEN ENCOUNTERING THE BELOVED	140
2-4. THE PROMINENT ROLE OF EMOTION IN THE FORMATION OF UNSPOKEN LOVES	144
2-5. THE TRANSFORMATIVE NATURE OF UNSPOKEN LOVE	146
2-6. EXPERIENCING A DIFFERENT EMOTION	148
2-7. BEING STUNNED BY THE GRANDEUR OF LOVE.....	151
2-8. FINDING TENDERNESS IN THE FLOW OF UNSPOKEN LOVE	153
2-9. SEEING THE WORLD BEAUTIFULLY	157
2-10. EXPERIENCING A FORM OF MYSTICISM.....	159
2-11. INCREASED COURAGE AND BOLDNESS IN ROMANTIC INDIVIDUALS.....	161
2-12. INCLINATION TOWARDS POETRY AND LITERATURE.....	165
2-13. GREATER ATTENTION TO ENVIRONMENTAL FACTORS	167
2-14. IDEALIZED UNDERSTANDING OF THE BELOVED	168
2-15. PROJECTION OF ONE'S MENTAL IDEALS ONTO THE BELOVED	170
2-16. WISHPFUL PERCEPTION	171

2-17. INVIGORATION BY LOVE.....	174
2-18. FEELING OF HAPPINESS AND JOY	175
2-19. THE DESIRE TO REMAIN IN A STATE OF "BEING COURTED" (MASNAD-E NAAZ)	176
2-20. DESIRE TO SEE THE BELOVED.....	177
2-21. ATTEMPTING TO ATTRACT THE BELOVED'S ATTENTION	179
2-22. THE ATTEMPT TO SPEND SHARED TIME WITH THE BELOVED.....	181
2-23. SETTING ASIDE PRIDE IN FACING THE BELOVED	182
2-24. FANTASY AND IMAGINATION	183
2-25. INITIAL DOUBTS AND THE ATTEMPT TO DENY LOVE	184
2-26. MEN'S MORE RATIONAL APPROACH.....	185
2-27. MINIMAL KNOWLEDGE OF THE BELOVED.....	190
2-28. OTHER CASES.....	192

CHAPTER THREE: OBSERVING THE MID-STAGE SIGNS OF UNSPOKEN LOVE196

3-1: PERSISTENCE OF CERTAIN BIOLOGICAL CHANGES IN ENCOUNTERS WITH THE BELOVED.....	198
3-2: THE EMERGENCE OF CERTAIN PHYSIOLOGICAL SIGNS IN THE BELOVED'S ABSENCE	200
3-3: EXPERIENCING A DIFFERENT EMOTIONAL STATE	203
3-4: CULTIVATING GENTLENESS IN THE COURSE OF UNSPOKEN LOVE	205
3-5: PERCEIVING THE WORLD AS MORE BEAUTIFUL.....	209
3-6: EXPERIENCING A FORM OF MYSTICISM	210
3-7: SELFLESS DEDICATION FOR THE BELOVED.....	216
3-8: INCREASING COURAGE AND BOLDNESS	217
3-9: FEELING UNITED WITH THE BELOVED	219
3-10. DESIRE FOR MARRIAGE WITH THE BELOVED	221
3-11. INCREASED CREATIVITY	222
3-12. ATTRACTION TO ROMANTIC LITERATURE	223
3-13: LITERARY FLOURISHING AND INCLINATION TOWARD THE ARTS.....	225
3-14: WRITING MEMOIRS AND DIARIES	227
3-15: IMAGINARY LETTER WRITING	229
3-16: INCREASED SENSITIVITY TOWARD ENVIRONMENTAL FACTORS	230
3-17: A TENDENCY TOWARD INTROVERSION	231
3-18. THE SUSTAINING ENERGIZING EFFECT OF LOVE.....	232
3-19. THE SUSTAINING MOBILIZING EFFECT OF LOVE	233
3-20. THE AWAKENING OF A SENSE OF COMPETITION WITH THE BELOVED	236
3-21. INCREASE IN MOTIVATION	237
3-22. ENHANCEMENT OF PURPOSEFULNESS IN LIFE.....	239
3-23. INCREASE IN SELF-CONFIDENCE AMONG INDIVIDUALS INVOLVED IN LOVE.....	240
3-24. ATTENTION TO THE BELOVED'S PERSONALITY TRAITS	241

3-25. ATTENTION TO THE BELOVED'S PHYSICAL ATTRACTIVENESS	244
3-26. BEING DAZZLED BY THE BELOVED	245
3-27. REDUCED SELF-CONTROL IN THE PRESENCE OF THE BELOVED	246
3-28. INTEREST IN SEEING THE BELOVED.....	249
3-29. PLANNING TO SEE THE BELOVED	253
3-30. FEELING OF CALM, SECURITY, AND PLEASURE IN THE PRESENCE OF THE BELOVED.....	254
3-31. EFFORT TO FIND AN EXCUSE TO SEE THE BELOVED.....	255
3-32. BECOMING INATTENTIVE TO OTHER MEMBERS OF THE OPPOSITE SEX.....	257
3-33. RESTLESSNESS IN THE ABSENCE OF THE BELOVED.....	258
3-34. EXPERIENCING EXCITEMENT AND JOY WHEN RECEIVING THE BELOVED'S ATTENTION	260
3-35. ATTEMPT TO ATTRACT THE BELOVED'S ATTENTION	261
3-36. CONCERN ABOUT ONE'S LACK OF PHYSICAL ATTRACTIVENESS	265
3-37. ATTEMPT TO PRESENT ONESELF IN THE MOST ATTRACTIVE POSSIBLE WAY	266
3-38. TURNING TO COQUETRY AND PLAYFUL FLIRTATION IN FRONT OF THE BELOVED.....	270
3-39. ATTEMPT TO PRESENT ONESELF AS MORE COMPLETE OR ACCEPTABLE.....	272
3-40. EXPENDING EXTENSIVE ENERGY TO PREPARE FOR MEETINGS.....	273
3-41. ATTEMPT TO MAINTAIN ONESELF IN THE POSITION OF COQUETRY (PLAYING HARD TO GET)	275
3-42. EFFORT TO CENSOR ONE'S ROMANTIC EMOTIONS AND FEELINGS.....	287
3-43. EFFORTS TO CENSOR ONE'S OWN LOGICAL CONCLUSIONS	289
3-44. EFFORTS TO DRAW NEAR TO THE BELOVED	290
3-45. ADOPTING CLEVER BEHAVIORS TO ACHIEVE ONE'S AIMS.....	294
3-46. EFFORTS TO OPEN A PATH INTO THE HEART OF THE BELOVED'S MOTHER.....	301
3-47. EFFORTS TO EXPRESS LOVE INDIRECTLY	304
3-47-1- <i>Meaningful, Deep Gazes</i>	304
3-47-2- <i>Displaying Warm, Intimate Behaviors</i>	305
3-47-3- <i>Expressing Inner Feelings Through Jokes</i>	305
3-47-4- <i>Symbolic and Metaphorical Expressions</i>	305
3-48. EFFORTS TO CONCEAL ONE'S FEELINGS FROM THE BELOVED, FRIENDS, AND FAMILY.....	311
3-49. PRAISE AND SANCTIFICATION OF THE BELOVED	312
3-50. THE SANCTIFICATION OF ITEMS RELATED TO THE BELOVED	314
3-51. PREPARING GIFTS FOR THE BELOVED	315
3-52. EFFORTS TO CARE FOR THE BELOVED	317
3-53. CAUTIOUS CONDUCT TOWARD THE BELOVED TO AVOID OFFENDING THEM	319
3-54. THE LOVER'S JOY FROM RECEIVING ATTENTION FROM THE BELOVED	320
3-55. BECOMING FLUSTERED UPON SEEING THE BELOVED.....	321
3-56. SPEECH DISRUPTION IN THE PRESENCE OF THE BELOVED	323

3-57. DESIRE TO CONVERSE WITH THE BELOVED	325
3-58. DESIRE TO TALK ABOUT THE BELOVED WITH OTHERS.....	327
3-59. THINKING ABOUT THE BELOVED	328
3-60. DREAMING OF THE BELOVED	329
3-61. COLLECTING AND PRESERVING MEMORIES, VOICE, AND IMAGES OF THE BELOVED	331
3-62. KEEPING MEMENTOS FROM THE BELOVED.....	333
3-63. MEMORABLE EXPERIENCES	335
3-64. THE ATTEMPT TO KNOW THE BELOVED BETTER	336
3-65. THE FEELING OF EXPERIENCING A PEAK MOMENT WHEN MEETING THE BELOVED	342
3-66. TURNING TO THE SIXTH SENSE.....	345
3-67. MAXIMUM REACTION TO MINOR BEHAVIORS	346
3-68. ATTENTION TO THE BELOVED'S BEHAVIORAL DETAILS	350
3-69. FANTASY ABOUT MARRIAGE AND SHARED LIFE WITH THE BELOVED	351
3-70. ENGAGING IN CERTAIN SYMBOLIC BEHAVIORS.....	361
3-71. MODELING THE BELOVED (IN FORMAL, BEHAVIORAL, AND VALUE DIMENSIONS)	365
3-72. CREATING A SENSE OF DEPENDENCE ON THE BELOVED.....	369
3-73. DISCOVERING SOME OF ONE'S INNER CAPACITIES	370
3-74. THE ROLE OF FRIENDS IN EACH OTHER'S UNSPOKEN LOVE	372
3-75. EFFORTS TO FIND COMMON GROUND WITH THE BELOVED	398
3-76. EFFORTS TO MAKE PROGRESS IN VARIOUS FIELDS	400
3-77. MATERNAL BEHAVIOR TOWARD THE PERSON OF INTEREST	402
3-78. BREAKING ONE'S OWN PRIDE IN THE PATH OF LOVE	404
3-79. DEEPENING OF UNSPOKEN LOVE OVER TIME	405
3-80. WASTING TIME	406
3-81. ADOPTING CLEVER BEHAVIORS TOWARD THE BELOVED.....	407
3-82- DISPLAYING THE POWERFUL DECODING ABILITY OF WOMEN IN COMMUNICATION AND UNSPOKEN LOVE	410
3-83- THE LOSS OF WOMEN'S SUPERIOR DECODING ABILITY IN THE FACE OF INTENSE EMOTIONS	423
3-84- EFFORTS TOWARD EMOTIONAL CATHARSIS	432
3-85- FEAR OF SELF, OTHERS' REACTIONS, AND ONE'S FUTURE.....	434
3-86- CONSIDERING PAYING ATTENTION TO OTHER MEMBERS OF THE OPPOSITE SEX AS BETRAYAL	437
3-87- CONSIDERING HAVING A RELATIONSHIP WITH ANOTHER PERSON AS BETRAYAL.....	438
3-88- CONSIDERING ACCEPTING A SUITOR AND AGREEING TO MARRIAGE AS BETRAYAL	440
3-89- EMERGENCE OF ROMANTIC OBSESSIONS.....	442
3-90- PRIORITY OF PERSONALITY OVER PHYSICAL ATTRACTIVENESS (IN MANY GIRLS).....	448
3-91- THE PROMINENT ROLE OF SEXUAL MATTERS IN UNSPOKEN LOVE AMONG MALES.....	451

3-92- DESIRE TO ESTABLISH A SEXUAL RELATIONSHIP WITH THE BELOVED	456
3-93- ENDURING THE PSYCHOLOGICAL PRESSURE OF ROLE PLAYING AND COVERING ONE'S TRACKS IN FRONT OF OTHERS	458
3-94- EXPERIENCING EMOTIONAL TURBULENCE	466
3-95- ACCEPTING THE HUMILIATION OF AUCTIONING ONE'S HONOR TO REACH THE BELOVED	468
3-96- LONGING AND WORRY FOR THE BELOVED	469
3-97- IMPRINTING THE MEMORIES OF THE BELOVED IN THE MIND	470
3-98- FEELING JEALOUSY AND OWNERSHIP OVER THE BELOVED	471
3-99- STRIVING TO PROCESS THE SELF AS WELL AS POSSIBLE IN CYBERSPACE	473
3-100- TRACKING THE BELOVED IN CYBERSPACE	474
3-101- INDIRECTLY TESTING THE BELOVED.....	478
3-102- REDUCTION AND LOSS OF CONCENTRATION.....	481
3-103- (CONTINUATION OF) IDEALISTIC PERCEPTION	483
3-104- THE DANGER OF PROJECTING ONE'S IDEALS ONTO THE BELOVED IN UNSPOKEN LOVE	486
3-105- SELECTIVE AND DIRECTED PERCEPTION	487
3-106- DISTURBANCE IN THE PERCEPTION OF THE PASSAGE OF TIME	494
3-107- EXPERIENCING FORGETFULNESS OF ONE'S SITUATION AND SPEECH	496
3-108- SELF-SILENCING.....	497
<i>Self Silencing in Moral and Religious Aspects</i>	<i>509</i>
<i>Abandoning Beliefs for Conformity.....</i>	<i>513</i>
3-109- SELF DECEPTION	516
3-110- DISRUPTION IN CARRYING OUT PERSONAL AND SOCIAL RESPONSIBILITIES	525
3-111- DISRUPTION IN RELATIONSHIP WITH FAMILY	530
3-112- ATTEMPTS TO DECEIVE THE FAMILY.....	532
3-113- FAMILY INTERVENTION IN UNSPOKEN LOVE	536
3-114- INTENSIFICATION OF LOVE DUE TO THE FAMILY'S IRRATIONAL OPPOSITION	540
3-115- BEING HUMILIATED BY THE BELOVED.....	543
3-116- RESORTING TO HUMILIATING BEHAVIORS TO GET CLOSE TO THE BELOVED	544
3-117- FEAR OF RIVALS EMERGING	547
3-118- SENSITIVITY AND JEALOUSY TOWARD RIVALS	549
3-119- FEELING UNWELL WHEN THINKING ABOUT THE RIVAL.....	551
3-120- FEELING HOSTILITY TOWARD POTENTIAL RIVALS.....	553
3-121- EXPERIENCING DOUBT MIDWAY THROUGH UNSPOKEN LOVE.....	556
3-122- THE PAINFUL EXIT FROM ONE'S FANTASIES WHEN CONFRONTING REALITY	558
3-123- FEELING TRAPPED IN A DEAD END.....	559
3-124- DISTRACTION	561
3-125- CONFUSION	564

3-126- OVERSENSITIVITY AND TOUCHINESS	570
3-127- FEELING WEARY UNDER THE HEAVY BURDEN OF LOVE	571
3-128- THE CONFUSION EXPERIENCED BY MODERN GIRLS AND WOMEN WHEN CONFRONTING TRADITIONAL MEN.....	572
3-129- THE SUSPENSION OF THOUGHT AND RATIONALITY AMID EMOTIONAL TURMOIL.....	576
3-130- OVERLOOKING MORAL AND IDEOLOGICAL DIFFERENCES	584
3-131- THE EXPERIENCE OF FEAR AND ANXIETY	585
3-132- THE EMERGENCE OF SEVERE MOOD DISORDERS.....	586
3-133- BECOMING ANGRY AT THE BELOVED	590
3-134- ESCAPING THOUGHTS OF FAILURE BY TAKING REFUGE IN A STATE OF AMBIGUITY AND SUSPENSION	592
3-135- PROBLEMS ARISING FROM THE ABSENCE OF A STRUCTURED VALUE SYSTEM	595
3-136- BEING EXPLOITED BY THE BELOVED	602
3-137- RESORTING TO BACKBITING AND INSULTING THE BELOVED	606
3-138- FORMATION OF CERTAIN REVERSED REACTIONS	608
3-139- REMAINING STUCK IN THE CONFLICT BETWEEN REASON AND EMOTION.....	610
3-140- ADMITTING TO ONE'S ILLOGICAL AND CRAZY BEHAVIORS	614
3-141- THE LOVER'S GRADUAL AWARENESS OF THE BELOVED'S FLAWS	616
3-142- THE LOVER'S TENDENCY TO IGNORE THE BELOVED'S FLAWS	618
3-143- THE LOVER'S READINESS TO PAY COSTS FOR THEIR UNSPOKEN LOVE	619
3-144- BECOMING QUIET OR TALKATIVE	623
3-145- LACK OF SUFFICIENT KNOWLEDGE AS THE GREATEST RISK	624
3-146- EXPERIENCING A KIND OF DELUSION	631
3-147- THE EMERGENCE OF CERTAIN PHYSICAL PROBLEMS IN THE LOVER	634
3-148- SHOCK RESULTING FROM THE POSSIBILITY OF LOSING THE BELOVED.....	638
3-149- THE EMERGENCE OF CERTAIN PSYCHOLOGICAL DISORDERS	640
3-150- TAKING REFUGE IN GOD	642
3-151- PAYING GREATER ATTENTION TO PRAYER AND RELIGIOUS ACTS DURING LOVE.....	644
3-152- TURNING TO VOWS (NAZR)	646
3-153- BECOMING DISTANT FROM GOD	648
3-154- TAKING REFUGE IN SUPERSTITION.....	649
3-155- TURNING TO SUBSTANCE MISUSE FOR TEMPORARY CALM.....	658
3-156- OTHER CASES	659
CHAPTER FOUR: THE FINAL SIGNS OF UNSPOKEN LOVE	664
4-1- RATIONAL APPROACH TO ONE'S UNSPOKEN LOVE	669
4-2. PRIORITIZING HEAVENLY LOVE OVER EARTHLY LOVE	680

4-3. FINDING AN EXALTED VIEW OF LOVE AND BECOMING DISINCLINED TOWARD SUPERFICIAL EMOTIONAL RELATIONSHIPS	687
4-4. THE TRANQUILIZING EFFECT OF POSSESSING FIRM CRITERIA	690
4-5. ATTAINING PEACE BY TAKING REFUGE IN GOD	692
4-6. TURNING TOWARD GOD	695
4-7. FEELING GROWTH AND FLOURISHING AFTER SETTING ASIDE UNSPOKEN LOVE	696
4-8. TRANSFORMING LOVE FOR AN INDIVIDUAL INTO LOVE FOR THE COLLECTIVE.....	700
4-9. REPORTING A PARTICULAR TYPE OF GROWTH.....	701
4-10. REALIZATION OF SELF CRITIQUE, SELF KNOWLEDGE, AND SELF DEVELOPMENT	703
4-11. INCREASED SERIOUSNESS AND BECOMING MORE GOAL ORIENTED	706
4-12. OPTIMAL USE OF THE BITTER EXPERIENCES OF THE PERIOD OF UNSPOKEN LOVE.....	708
4-13. ELEVATION OF THE INDIVIDUAL'S SELECTION CRITERIA FOR THE FUTURE.....	709
4-14. REPLACING EMOTION WITH LOGIC	710
4-15. FEELING OF RELEASE AND FREEDOM FROM MENTAL PREOCCUPATIONS	715
4-16. CONSIDERING ONESELF WORTHY OF ADMIRATION.....	716
4-17. ATTEMPTING TO PRESERVE THE BELOVED'S MEMORIES IN LIFE.....	719
4-18. FEELING HAPPY	721
4-19- REDIRECTING ATTENTION	722
4-20. SEEKING HELP FROM PSYCHOLOGISTS AND PSYCHIATRISTS.....	726
4-21. BECOMING AWARE OF THE BELOVED'S FLAWS	727
4-22. THE LONG-TERM CONTINUATION OF BIOLOGICAL SYMPTOMS IN UNSPOKEN LOVE	732
4-23. SEEKING REFUGE IN SPIRITUAL TREATMENTS.....	735
4-24. SELF CONTROL EMERGING FROM A COHERENT VALUE SYSTEM	738
4-25. ADOPTING SELF TALK AND SELF SUGGESTION.....	739
4-26. TURNING TO ART THERAPY	741
4-27. ADOPTING OCCUPATIONAL THERAPY	742
4-28. PSYCHOLOGICAL CATHARSIS	745
4-29- ENVIRONMENTAL SEPARATION	748
4-30. FEELING EXHAUSTED BY ONE SIDED LOVE AND TURNING TOWARD MUTUAL LOVE.....	749
4-31. PREVENTING THE RELATIONSHIP FROM WARMING AGAIN AFTER BOTH PARTIES MARRY.....	753
4-32. THE EFFECT OF THE PASSAGE OF TIME	755
4-33. TRANSFORMATION IN THE CONCEPTION OF LOVE	760
4-34. DISBELIEVING CONFRONTATION WITH THE FAILURE OF ONE'S UNSPOKEN LOVE	766
4-35. SEEING THE WORLD AS UGLY AND DARK	770
4-36. THE POWER OF LOVE.....	771
4-37. NEGATION OF SELF-SILENCING	775

4-38. THE DIMINISHING OF THE LOVER'S EMOTIONS AND FEELINGS AFTER THE BELOVED'S MARRIAGE	778
4-39. FEELINGS OF DISTRESS, ANGER, AND RAGE	779
4-40. TRANSFORMATION OF IDEALISTIC PERCEPTION INTO ANTI-IDEALISTIC PERCEPTION.....	782
4-41. LOSS OF THE SENSE OF EMPATHY AND BECOMING INDIFFERENT TO THE PAIN AND SUFFERING OF OTHERS	786
4-42. FEELING OF LOSS DUE TO EXCESSIVE PERSISTENCE IN REMAINING IN THE POSITION OF COQUETRY (MASNAD-E-NĀZ)	787
4-43. THE FEELING OF ENDURING FATIGUE IN THE INDIVIDUAL	792
4-44. FEELING REPELLED FROM ENTERING NEW EMOTIONAL RELATIONSHIPS	797
4-45. DISENCHANTMENT AND LOSS OF DESIRE FOR MARRIAGE	798
4-46. THE REALIZATION OF SELFISH LOVE	800
4-47. EMERGENCE OF IDEOLOGICAL TRANSFORMATIONS IN THE LOVER.....	802
4-48. PROTEST AGAINST GOD	804
4-49. THE LOSS OF PSEUDO-DEVELOPMENT	807
4-50- LOSS OF ONE'S SELF-CONFIDENCE	809
4-51. FEELING THAT MANY LIFE OPPORTUNITIES WERE LOST	812
4-52- BECOMING PESSIMISTIC ABOUT LOVE	813
4-53. BECOMING PESSIMISTIC TOWARD THE OPPOSITE SEX	814
4-54. BECOMING PESSIMISTIC AND DISTRUSTFUL TOWARD THE SAME SEX	817
4-55. ADOPTING REACTIONARY BEHAVIORS.....	821
4-56- REGRET OVER IMPROPER FAMILY INTERFERENCE	823
4-57- BYPASSING AND DECEIVING THE FAMILY	826
4-58- SPEAKING ILL OF AND INSULTING THE LOST BELOVED.....	827
4-59- TRANSFORMATION OF LOVE INTO HATRED	828
4-60- BECOMING ENTANGLED WITH ONESELF	834
4-61- EXPERIENCING SEVERE MOOD SWINGS.....	840
4-62- CONFUSION AMONG GIRLS	841
4-63- REMAINING IN THE BELOVED'S ROMANTIC WORLD.....	845
4-64- LOSING ONE'S EMOTIONAL CAPITAL	848
4-65- THE DOMINANCE OF COLDNESS IN MARRIED LIFE.....	849
4-66- REACHING EMOTIONAL NUMBNESS	853
4-67- MAKING HASTY AND INCORRECT DECISIONS	856
4-68- DISRUPTION IN PERFORMING ONE'S DUTIES.....	857
4-69- TURNING TO SUBSTANCE MISUSE	858
4-70- DISTRACTIBILITY AND FORGETFULNESS.....	859
4-71- FEELING OF REGRET	860

4-72- WAITING FOR A MIRACLE	862
4-73- WISHING THAT THE BELOVED REMAINS FOREVER SINGLE (AFTER ROMANTIC FAILURE)	863
4-74- WISHING FOR ONE'S OWN DEATH AFTER THE BELOVED'S MARRIAGE	864
4-75- WISHING FOR THE BELOVED'S SPOUSE TO DIVORCE OR DIE	866
4-76- ENCOUNTERING CERTAIN PSYCHOLOGICAL DISORDERS	869
4-77. BECOMING INVOLVED IN THOUGHTS OF SUICIDE OR HOMICIDE	879
4-78. OTHER CASES	881
CHAPTER 5: ANOTHER REFLECTION	900
REFERENCES	908

Table of content for volume 2

INTRODUCTION TO THE SECOND VOLUME	5
CHAPTER THREE: OBSERVING THE MID-STAGE SIGNS OF UNSPOKEN LOVE.....	8
3-1: PERSISTENCE OF CERTAIN BIOLOGICAL CHANGES IN ENCOUNTERS WITH THE BELOVED	10
3-2: THE EMERGENCE OF CERTAIN PHYSIOLOGICAL SIGNS IN THE BELOVED'S ABSENCE	12
3-3: EXPERIENCING A DIFFERENT EMOTIONAL STATE	15
3-4: CULTIVATING GENTLENESS IN THE COURSE OF UNSPOKEN LOVE	17
3-5: PERCEIVING THE WORLD AS MORE BEAUTIFUL	21
3-6: EXPERIENCING A FORM OF MYSTICISM	22
3-7: SELFLESS DEDICATION FOR THE BELOVED	28
3-8: INCREASING COURAGE AND BOLDNESS	29
3-9: FEELING UNITED WITH THE BELOVED	31
3-10: DESIRE FOR MARRIAGE WITH THE BELOVED	33
3-11: INCREASED CREATIVITY	34
3-12: ATTRACTION TO ROMANTIC LITERATURE	35
3-13: LITERARY FLOURISHING AND INCLINATION TOWARD THE ARTS	37
3-14: WRITING MEMOIRS AND DIARIES	39
3-15: IMAGINARY LETTER WRITING	40
3-16: INCREASED SENSITIVITY TOWARD ENVIRONMENTAL FACTORS	42
3-17: A TENDENCY TOWARD INTROVERSION	42
3-18: THE SUSTAINING ENERGIZING EFFECT OF LOVE	43
3-19: THE SUSTAINING MOBILIZING EFFECT OF LOVE	45
3-20: THE AWAKENING OF A SENSE OF COMPETITION WITH THE BELOVED	48
3-21: INCREASE IN MOTIVATION	49
3-22: ENHANCEMENT OF PURPOSEFULNESS IN LIFE	51
3-23: INCREASE IN SELF-CONFIDENCE AMONG INDIVIDUALS INVOLVED IN LOVE	52
3-24: ATTENTION TO THE BELOVED'S PERSONALITY TRAITS	53
3-25: ATTENTION TO THE BELOVED'S PHYSICAL ATTRACTIVENESS	55
3-26: BEING DAZZLED BY THE BELOVED	56
3-27: REDUCED SELF-CONTROL IN THE PRESENCE OF THE BELOVED	57
3-28: INTEREST IN SEEING THE BELOVED	61
3-29: PLANNING TO SEE THE BELOVED	65
3-30: FEELING OF CALM, SECURITY, AND PLEASURE IN THE PRESENCE OF THE BELOVED	66
3-31: EFFORT TO FIND AN EXCUSE TO SEE THE BELOVED	67
3-32: BECOMING INATTENTIVE TO OTHER MEMBERS OF THE OPPOSITE SEX	69
3-33: RESTLESSNESS IN THE ABSENCE OF THE BELOVED	70
3-34: EXPERIENCING EXCITEMENT AND JOY WHEN RECEIVING THE BELOVED'S ATTENTION	72
3-35: ATTEMPT TO ATTRACT THE BELOVED'S ATTENTION	73
3-36: CONCERN ABOUT ONE'S LACK OF PHYSICAL ATTRACTIVENESS	76
3-37: ATTEMPT TO PRESENT ONESELF IN THE MOST ATTRACTIVE POSSIBLE WAY	77
3-38: TURNING TO COQUETRY AND PLAYFUL FLIRTATION IN FRONT OF THE BELOVED	82
3-39: ATTEMPT TO PRESENT ONESELF AS MORE COMPLETE OR ACCEPTABLE	83
3-40: EXPENDING EXTENSIVE ENERGY TO PREPARE FOR MEETINGS	84
3-41: ATTEMPT TO MAINTAIN ONESELF IN THE POSITION OF COQUETRY (PLAYING HARD TO GET)	86
3-42: EFFORT TO CENSOR ONE'S ROMANTIC EMOTIONS AND FEELINGS	99
3-43: EFFORTS TO CENSOR ONE'S OWN LOGICAL CONCLUSIONS	101
3-44: EFFORTS TO DRAW NEAR TO THE BELOVED	101
3-45: ADOPTING CLEVER BEHAVIORS TO ACHIEVE ONE'S AIMS	106
3-46: EFFORTS TO OPEN A PATH INTO THE HEART OF THE BELOVED'S MOTHER	112
3-47: EFFORTS TO EXPRESS LOVE INDIRECTLY	116

3-47-1- Meaningful, Deep Gazes.....	116
3-47-2- Displaying Warm, Intimate Behaviors.....	116
3-47-3- Expressing Inner Feelings Through Jokes.....	117
3-47-4- Symbolic and Metaphorical Expressions.....	117
3-48. EFFORTS TO CONCEAL ONE'S FEELINGS FROM THE BELOVED, FRIENDS, AND FAMILY	122
3-49. PRAISE AND SANCTIFICATION OF THE BELOVED	124
3-50. THE SANCTIFICATION OF ITEMS RELATED TO THE BELOVED	126
3-51. PREPARING GIFTS FOR THE BELOVED	127
3-52. EFFORTS TO CARE FOR THE BELOVED.....	128
3-53. CAUTIOUS CONDUCT TOWARD THE BELOVED TO AVOID OFFENDING THEM	131
3-54. THE LOVER'S JOY FROM RECEIVING ATTENTION FROM THE BELOVED	132
3-55. BECOMING FLUSTERED UPON SEEING THE BELOVED	133
3-56. SPEECH DISRUPTION IN THE PRESENCE OF THE BELOVED	135
3-57. DESIRE TO CONVERSE WITH THE BELOVED.....	137
3-58. DESIRE TO TALK ABOUT THE BELOVED WITH OTHERS	139
3-59. THINKING ABOUT THE BELOVED	140
3-60. DREAMING OF THE BELOVED	141
3-61. COLLECTING AND PRESERVING MEMORIES, VOICE, AND IMAGES OF THE BELOVED	143
3-62. KEEPING MEMENTOS FROM THE BELOVED	145
3-63. MEMORABLE EXPERIENCES	147
3-64. THE ATTEMPT TO KNOW THE BELOVED BETTER	148
3-65. THE FEELING OF EXPERIENCING A PEAK MOMENT WHEN MEETING THE BELOVED	154
3-66. TURNING TO THE SIXTH SENSE	157
3-67. MAXIMUM REACTION TO MINOR BEHAVIORS	158
3-68. ATTENTION TO THE BELOVED'S BEHAVIORAL DETAILS	162
3-69. FANTASY ABOUT MARRIAGE AND SHARED LIFE WITH THE BELOVED	163
3-70. ENGAGING IN CERTAIN SYMBOLIC BEHAVIORS	173
3-71. MODELING THE BELOVED (IN FORMAL, BEHAVIORAL, AND VALUE DIMENSIONS)	177
3-72. CREATING A SENSE OF DEPENDENCE ON THE BELOVED	181
3-73. DISCOVERING SOME OF ONE'S INNER CAPACITIES	182
3-74. THE ROLE OF FRIENDS IN EACH OTHER'S UNSPOKEN LOVE.....	184
3-75. EFFORTS TO FIND COMMON GROUND WITH THE BELOVED.....	210
3-76. EFFORTS TO MAKE PROGRESS IN VARIOUS FIELDS.....	212
3-77. MATERNAL BEHAVIOR TOWARD THE PERSON OF INTEREST.....	214
3-78. BREAKING ONE'S OWN PRIDE IN THE PATH OF LOVE	216
3-79. DEEPENING OF UNSPOKEN LOVE OVER TIME	217
3-80. WASTING TIME.....	218
3-81. ADOPTING CLEVER BEHAVIORS TOWARD THE BELOVED	219
3-82- DISPLAYING THE POWERFUL DECODING ABILITY OF WOMEN IN COMMUNICATION AND UNSPOKEN LOVE	222
3-83- THE LOSS OF WOMEN'S SUPERIOR DECODING ABILITY IN THE FACE OF INTENSE EMOTIONS.....	235
3-84- EFFORTS TOWARD EMOTIONAL CATHARSIS.....	244
3-85- FEAR OF SELF, OTHERS' REACTIONS, AND ONE'S FUTURE.....	246
3-86- CONSIDERING PAYING ATTENTION TO OTHER MEMBERS OF THE OPPOSITE SEX AS BETRAYAL.....	249
3-87- CONSIDERING HAVING A RELATIONSHIP WITH ANOTHER PERSON AS BETRAYAL	250
3-88- CONSIDERING ACCEPTING A SUITOR AND AGREEING TO MARRIAGE AS BETRAYAL	252
3-89- EMERGENCE OF ROMANTIC OBSESSIONS.....	254
3-90- PRIORITY OF PERSONALITY OVER PHYSICAL ATTRACTIVENESS (IN MANY GIRLS).....	260
3-91- THE PROMINENT ROLE OF SEXUAL MATTERS IN UNSPOKEN LOVE AMONG MALES	263
3-92- DESIRE TO ESTABLISH A SEXUAL RELATIONSHIP WITH THE BELOVED	268
3-93- ENDURING THE PSYCHOLOGICAL PRESSURE OF ROLE PLAYING AND COVERING ONE'S TRACKS IN FRONT OF OTHERS	270

3-94- EXPERIENCING EMOTIONAL TURBULENCE.....	278
3-95- ACCEPTING THE HUMILIATION OF AUCTIONING ONE'S HONOR TO REACH THE BELOVED	280
3-96- LONGING AND WORRY FOR THE BELOVED.....	281
3-97- IMPRINTING THE MEMORIES OF THE BELOVED IN THE MIND	282
3-98- FEELING JEALOUSY AND OWNERSHIP OVER THE BELOVED	283
3-99- STRIVING TO PROCESS THE SELF AS WELL AS POSSIBLE IN CYBERSPACE.....	285
3-100- TRACKING THE BELOVED IN CYBERSPACE.....	286
3-101- INDIRECTLY TESTING THE BELOVED	290
3-102- REDUCTION AND LOSS OF CONCENTRATION.....	293
3-103- (CONTINUATION OF) IDEALISTIC PERCEPTION.....	295
3-104- THE DANGER OF PROJECTING ONE'S IDEALS ONTO THE BELOVED IN UNSPOKEN LOVE.....	298
3-105- SELECTIVE AND DIRECTED PERCEPTION	299
3-106- DISTURBANCE IN THE PERCEPTION OF THE PASSAGE OF TIME	306
3-107- EXPERIENCING FORGETFULNESS OF ONE'S SITUATION AND SPEECH.....	308
3-108- SELF-SILENCING.....	309
<i>Self Silencing in Moral and Religious Aspects.....</i>	321
<i>Abandoning Beliefs for Conformity.....</i>	325
3-109- SELF DECEPTION	328
3-110- DISRUPTION IN CARRYING OUT PERSONAL AND SOCIAL RESPONSIBILITIES.....	337
3-111- DISRUPTION IN RELATIONSHIP WITH FAMILY.....	342
3-112- ATTEMPTS TO DECEIVE THE FAMILY.....	344
3-113- FAMILY INTERVENTION IN UNSPOKEN LOVE	348
3-114- INTENSIFICATION OF LOVE DUE TO THE FAMILY'S IRRATIONAL OPPOSITION.....	352
3-115- BEING HUMILIATED BY THE BELOVED	355
3-116- RESORTING TO HUMILIATING BEHAVIORS TO GET CLOSE TO THE BELOVED.....	356
3-117- FEAR OF RIVALS EMERGING.....	359
3-118- SENSITIVITY AND JEALOUSY TOWARD RIVALS	361
3-119- FEELING UNWELL WHEN THINKING ABOUT THE RIVAL	363
3-120- FEELING HOSTILITY TOWARD POTENTIAL RIVALS	365
3-121- EXPERIENCING DOUBT MIDWAY THROUGH UNSPOKEN LOVE.....	368
3-122- THE PAINFUL EXIT FROM ONE'S FANTASIES WHEN CONFRONTING REALITY	370
3-123- FEELING TRAPPED IN A DEAD END.....	371
3-124- DISTRACTION	373
3-125- CONFUSION	376
3-126- OVERSENSITIVITY AND TOUCHINESS.....	382
3-127- FEELING WEARY UNDER THE HEAVY BURDEN OF LOVE	383
3-128- THE CONFUSION EXPERIENCED BY MODERN GIRLS AND WOMEN WHEN CONFRONTING TRADITIONAL MEN	384
3-129- THE SUSPENSION OF THOUGHT AND RATIONALITY AMID EMOTIONAL TURMOIL.....	388
3-130- OVERLOOKING MORAL AND IDEOLOGICAL DIFFERENCES	396
3-131- THE EXPERIENCE OF FEAR AND ANXIETY	397
3-132- THE EMERGENCE OF SEVERE MOOD DISORDERS	398
3-133- BECOMING ANGRY AT THE BELOVED.....	402
3-134- ESCAPING THOUGHTS OF FAILURE BY TAKING REFUGE IN A STATE OF AMBIGUITY AND SUSPENSION.....	404
3-135- PROBLEMS ARISING FROM THE ABSENCE OF A STRUCTURED VALUE SYSTEM	407
3-136- BEING EXPLOITED BY THE BELOVED.....	414
3-137- RESORTING TO BACKBITING AND INSULTING THE BELOVED.....	418
3-138- FORMATION OF CERTAIN REVERSED REACTIONS.....	420
3-139- REMAINING STUCK IN THE CONFLICT BETWEEN REASON AND EMOTION.....	422
3-140- ADMITTING TO ONE'S ILLOGICAL AND CRAZY BEHAVIORS.....	426
3-141- THE LOVER'S GRADUAL AWARENESS OF THE BELOVED'S FLAWS	428
3-142- THE LOVER'S TENDENCY TO IGNORE THE BELOVED'S FLAWS	430

3-143- THE LOVER'S READINESS TO PAY COSTS FOR THEIR UNSPOKEN LOVE	431
3-144- BECOMING QUIET OR TALKATIVE.....	435
3-145- LACK OF SUFFICIENT KNOWLEDGE AS THE GREATEST RISK	436
3-146- EXPERIENCING A KIND OF DELUSION	443
3-147- THE EMERGENCE OF CERTAIN PHYSICAL PROBLEMS IN THE LOVER.....	446
3-148- SHOCK RESULTING FROM THE POSSIBILITY OF LOSING THE BELOVED	450
3-149- THE EMERGENCE OF CERTAIN PSYCHOLOGICAL DISORDERS	452
3-150- TAKING REFUGE IN GOD.....	454
3-151- PAYING GREATER ATTENTION TO PRAYER AND RELIGIOUS ACTS DURING LOVE.....	456
3-152- TURNING TO VOWS (NAZR)	458
3-153- BECOMING DISTANT FROM GOD.....	460
3-154- TAKING REFUGE IN SUPERSTITION	461
3-155- TURNING TO SUBSTANCE MISUSE FOR TEMPORARY CALM	470
3-156- OTHER CASES	471

Introduction to the second volume

In the first volume of this series, two chapters were presented: Introduction and Early Signs of Unspoken Love.

In the relatively detailed introduction to the book, topics like “Theoretical and Research Literature on Unspoken Love,” “Reasons for Keeping Unspoken Love Unspoken,” “How Unspoken Love Forms,” and “Reflection on Field Study of Unspoken Love” were discussed. In the second chapter of the book, relying on field findings, the early signs of unspoken love were examined as follows:

Readiness for experiencing the wondrous phenomenon of love, sudden emergence of unspoken love, emergence of some biological changes upon encountering the beloved, prominent role of excitement in forming unspoken loves, transformative power of unspoken love, experiencing different emotions, being awestruck by the greatness of love, gaining delicacy in the flow of unspoken love, seeing the universe beautifully, experiencing a type of mysticism, increased courage and boldness in passionate lovers, inclination toward poetry and literature, greater attention to environmental factors, idealistic perception of the beloved, projecting one’s mental ideals onto the beloved, wishful perception, love’s mobilizing effect, feeling joy and delight, interest in remaining in the seat of coquetry, interest in meeting the beloved, efforts to attract the beloved’s attention, efforts to spend time together with the beloved, setting aside pride when facing the beloved, fantasizing, initial doubts and efforts to deny love, minimal knowledge of the beloved, and other cases.

In this volume, the signs of unspoken love that manifest in the middle of the journey are examined. The topics pertaining to this phase of love are outlined below:

Continuation of some biological changes upon encountering the beloved, emergence of some biological signs in the absence of the beloved, (continuation of) experiencing different emotions, (continuation of) gaining delicacy in the flow of unspoken love, seeing the universe even more beautifully, experiencing a type of mysticism, self-sacrifice for the beloved, increased courage and boldness, feeling unity with the beloved, desire to marry the beloved, increased creativity, inclination toward romantic literature, literary flourishing and inclination toward arts, memoir-writing, imaginary letter-writing, continued greater attention to environmental factors, inclination toward introversion, continuation of love’s energizing effect, continuation of love’s mobilizing effect, arousal of competitive spirit with the beloved, increased motivation, enhanced purposefulness in life, improved self-confidence in those involved in love, attention to the beloved’s personality attractions, (continuation of) attention to the beloved’s physical attractions, remaining awestruck by the beloved, reduced self-control in front of the beloved, interest in meeting the beloved,

planning to meet the beloved, feeling peace, security, and pleasure near the beloved, efforts to find an excuse to meet the beloved, ignoring other members of the opposite sex, restlessness in the beloved's absence, experiencing passion and delight upon the beloved's attention, efforts to attract the beloved's attention, worry about one's own insufficient physical attractiveness, efforts to adorn oneself more beautifully, resorting to coquetry and flirtation before the beloved, efforts to perfect oneself more completely, expending extensive energy to prepare for meetings, efforts to remain in the seat of coquetry, efforts to censor one's romantic emotions and feelings, endeavors to apply censorship in one's logical conclusions, efforts to get closer to the beloved, pursuing clever interactions to achieve one's goals, efforts to open a path to the beloved's mother's heart, indirect expressions of love, efforts to mislead before the beloved, friends, and family, praising and sanctifying the beloved, sanctification, preparing gifts for the beloved, efforts to care for the beloved, cautious behavior with the beloved to avoid hurting them, joy from the beloved's attention, nervousness upon seeing the beloved, speech disruption when talking to the beloved, interest in conversing with the beloved, desire to talk about the beloved with others, thinking of the beloved, dreaming of the beloved, collecting and recording the beloved's memories, voice, and image; keeping mementos from the beloved, memorable experiences, efforts to know the person of interest better, feeling a peak experience when meeting the beloved, resorting to the sixth sense, maximal reaction to minor behaviors, attention to the beloved's behavioral details, fantasizing about marriage and life together with the beloved, pursuing some symbolic behaviors, modeling the beloved in formal behavioral and value dimensions, creating a sense of dependency on the beloved, discovering some inner capacities, the role of friends in each other's unspoken love, efforts to find common ground with the beloved, endeavors to progress in various fields, maternal behavior toward the person of interest, breaking one's pride for love, deepening unspoken love over time, wasting time, pursuing clever behaviors toward the beloved, displaying the powerful decoding ability of the feminine gender in communicative relations and unspoken love, loss of the superior decoding ability of the feminine gender when facing intense excitements, efforts to emotionally vent, fear of self, others' reactions, and one's future, considering attention to other opposite-sex individuals as betrayal, considering relationships with others as betrayal, considering accepting suitors and marriage as betrayal, emergence of romantic obsessions, prioritizing personality over physical attraction, prominent role of sexual issues in masculine unspoken love, desire for sexual relations with the beloved, enduring psychological pressure from role-playing and misdirection before others, experiencing emotional turbulences, accepting to auction one's reputation to reach the beloved, longing and worry for the beloved, engraving the beloved's memories in the mind, feeling jealousy and possessiveness over the beloved, efforts to present oneself better in virtual space, tracking the beloved in virtual space, indirectly testing the beloved, reduced and lost focus, (continuation of) idealistic perception, danger of projecting one's ideals onto the beloved, wishful and directed perception, disruption in

perceiving the passage of time, experiencing forgetting one's situation and statements, self-extinction, self-deception, disruption in performing individual and social duties, disruption in family relations, efforts to deceive the family, family intervention in the child's unspoken love, increased intensity of love due to the family's irrational opposition, humiliation by the beloved, resorting to humiliating actions to get closer to the beloved, fear of rivals emerging, sensitivity and jealousy toward rivals, feeling ill at the thought of rivals, feeling hostility toward potential rivals, creating doubts mid-path in unspoken love, sorrowful exit from one's fantasies upon encountering the real world, feeling trapped in a dead end, confusion, irritability and sensitivity, feeling tired of bearing the heavy load of love, confusion of modern girls and women when facing traditional men, suspension of thinking and rationality amid emotional turmoil, not seeing each other's moral and doctrinal differences, relative feelings of fear and anxiety, emergence of severe mood swings, anger toward the beloved, escaping thoughts of failure by seeking refuge in ambiguity and suspense, problems from lacking a codified value system, being exploited by the beloved, resorting to slander and cursing the beloved, formation of some reverse reactions, remaining in conflict between reason and emotion, admitting to irrational and insane behaviors, gradual realization by the lover of the beloved's flaws, lover's desire to ignore the beloved's flaws, lover's readiness to spend for their unspoken love, becoming less or more talkative, lack of sufficient knowledge as the greatest danger, experiencing a type of delusion, emergence of some physical problems, shock from the possibility of losing the beloved, emergence of some psychological disorders, seeking refuge in God, greater attention to prayer and religious acts, resorting to vows and supplications, distancing from God, seeking refuge in superstitions, resorting to substance abuse for temporary calm, and other cases.

In the third volume of this series, the signs of the end of unspoken love will be examined.

Chapter Three: Observing the Mid-Stage Signs of Unspoken Love

In studying the mid-stage signs of unspoken love, the following themes emerged from field investigations of this phenomenon:

Persistence of certain biological changes in encounters with the beloved; the appearance of some physiological reactions in the beloved's absence; the ongoing experience of a distinct emotional state; the cultivation of gentleness through unspoken love; perceiving the world as more beautiful; experiencing a form of mysticism; self-sacrifice for the beloved; increased courage and boldness; the feeling of unity with the beloved; the desire to marry the beloved; greater creativity; attraction to romantic literature; literary blossoming and interest in the arts; writing memories; imaginative letter-writing; persistent attention to environmental factors; developing introversion; continuing the energizing and motivating effects of love; arousal of a sense of competition with the beloved; heightened motivation; growing purposefulness in life; enhanced self-confidence among those involved in love; attention to the beloved's personality charms and (continuing) to physical attractiveness; being spellbound by the beloved; diminished self-control in their presence; desire to see the beloved; planning meetings; feeling peace, security, and pleasure near the beloved; searching for excuses to meet; loss of interest in other members of the opposite sex; restlessness in the beloved's absence; experiencing excitement and joy when noticed by the beloved; attempts to attract their attention; worry about insufficient personal physical appeal; striving to beautify oneself; flirtation and playfulness toward the beloved; efforts to perfect one's self-presentation; extensive expenditure of energy for arranging meetings; attempting to maintain a stance of charm; efforts to censor one's romantic emotions; attempts to suppress logical reasoning; striving to get closer to the beloved; using subtle tactics to achieve personal goals; trying to gain favor with the beloved's mother; expressing love indirectly; disguising one's feelings from the beloved, friends, and family; praise and sanctification of the beloved; perceiving the beloved as sacred; preparing gifts; efforts to protect the beloved; cautious behavior to avoid offending them; joy arising from their attention; panic when seeing them; speech disturbances in their presence; desire to talk with them; eagerness to discuss the beloved with others; continuous contemplation of them; dreaming of the beloved; collecting and recording memories, voices, and images; keeping mementos; cherishing memorable experiences; attempts to know the beloved more deeply; feeling a peak of emotional intensity during encounters; reliance on intuition; exaggerated reactions to minor behaviors; paying attention to behavioral details; fantasizing about

marriage and shared life; adopting symbolic behaviors; modeling oneself after the beloved's manners and values; developing emotional dependence; discovering inner capacities; friends' roles in each other's unspoken love; seeking common ground with the beloved; striving for progress in various fields; motherly behavior toward the beloved; breaking one's pride for love; deepening unspoken love over time; wasting time; behaving cunningly toward the beloved; demonstrating strong decoding abilities of feminine psychology within relationships; loss of that ability under intense emotion; attempts to release emotional tension; fear of oneself, of others' reactions, and the future; considering attention to another as betrayal; viewing relationships or marriage proposals as betrayal; emergence of obsessive romantic thoughts; prioritizing personality over physical beauty; the strong role of sexuality in unspoken love among men; desire for sexual union with the beloved; enduring psychological pressure from pretending and hiding; experiencing emotional turbulence; willingness to risk one's reputation to attain the beloved; longing and worry for the beloved; indelible imprint of their memories; feelings of jealousy and possessiveness; efforts to present oneself attractively online; tracking the beloved on social media; testing the beloved indirectly; reduced concentration; continuing idealistic perception; danger of projecting ideals onto the beloved; wishful and biased perception; distortion in perceiving the passage of time; forgetting situations and one's own words; self-silencing and self-deception; dysfunction in personal and social duties; impairment of family relationships; attempts to mislead family members; family intervention in a child's unspoken love; intensified love due to parents' irrational opposition; humiliation by the beloved; resorting to degrading acts to get closer; fear of rivals; jealousy and resentment toward them; distress when thinking of rivals; hostile feelings toward potential competitors; emergence of doubt mid-way through unspoken love; painful awakening from one's fantasies upon facing reality; feeling trapped; confusion, sensitivity, fatigue under emotional burden; disorientation of modern women encountering traditional men; suspension of rational thought amid emotional turbulence; failure to perceive moral and ideological differences; relative fear and anxiety; severe mood swings; anger toward the beloved; escape from thoughts of failure by retreating to ambiguity and suspense; problems stemming from lack of a clear value system; exploitation by the beloved; slandering or cursing the beloved; development of inverted reactions; being caught between reason and emotion; admitting to illogical and irrational behavior; gradual awareness of the beloved's flaws; lover's tendency to overlook them; readiness to spend for unspoken love; becoming taciturn or overly talkative; insufficient understanding as the greatest risk; mild delusional experiences; emergence of physical issues; shock from fear of losing the beloved; appearance of psychological disorders; turning to God; increased attention to prayer and religious acts; making vows and offerings; drifting away from God; taking refuge in superstition; resorting to substance use for temporary calm—and other cases.

The aforementioned themes will be discussed in detail below.

3-1: Persistence of Certain Biological Changes in Encounters with the Beloved

“When I realized that Mehran was only a few meters away from me, my heart was racing insanely—oh my God, imagine he was right there, standing in the doorway. I put on some lipstick and said hello. He said, ‘When you opened the door I waited for you to come to the entrance, but you didn’t—so I thought I’d come myself.’” (Elaheh, age 21)

In examining the initial signs of unspoken love, the issue of physiological changes at the beginning of love was raised. However, during unspoken love—unlike expressed love—since the parties do not enter a direct emotional dialogue, their mental imagery fills the information gap caused by the absence of mutual exchange. Thus, physiological reactions continue even in the middle and sometimes the final stages of unspoken love.

Behnaz (19), Mohadeseh (21), and Nazanin-Zahra (41)—who recounted the unspoken loves of their youth—spoke of heart palpitations when thinking of or meeting the beloved:

“Just thinking about him made my heartbeat accelerate.”

- “When you saw him, what physical changes did you feel?

When I saw him, at first it was as if my heart stopped, then it pounded a thousand times. My hands and feet sweated; I kept fidgeting with my scarf and tried to look anywhere but into his eyes—because my eyes would give me away, as if he could read everything from them.”

- “When you saw him, did you notice any bodily changes?

Yes. From the moment I knew he was coming to our house till his arrival, I couldn’t stand still. I could hear my own heartbeat, so I hid in a corner to calm down. The involuntary smiles and spark in my eyes were noticeable—and that made me afraid my feelings would be revealed.”

Sahar (29), Ahmad (22), Soheila (19), and Rouhangiz (21) remembered feeling warmth and increased body temperature when encountering their beloved:

- “When Ali attracted everyone’s gaze, what did you feel?

I honestly didn’t like it. I always sat somewhere facing him so his eyes would meet mine; sometimes they did. He often talked like a lecturer addressing students—but whenever his eyes met mine, that alone was enough for me. I loved him so much; I still can’t believe I did those things. I felt heat rising inside me when he looked at me, maybe my face flushed—I’m not sure, but I really burned up, so I kept ordering cold water bottles. Ali was like a mountain of fire—when he sat next to me, I felt his warmth melting me. I wasn’t even aware that to him, I was no different from anyone else.”

"I was so hot that even in winter I wore only a T-shirt." (Ahmad, 22)

"At that time my body temperature was extremely high—they apparently call it 'the fever of love.'" (Soheila, 19)

"When I saw him, I felt a surge of inner heat." (Rouhangiz, 21)

Parirokh and Nahal (18) in separate interviews spoke of coldness and lowered blood pressure when facing the beloved:

"Seeing him made my hands freeze and my blood pressure drop." (Parirokh, 18)

"Back then, my pressure kept dropping and I felt icy cold." (Nahal, 18)

Nasim (22), Mina (18), and Melika (20) described trembling and loss of balance when confronting the beloved:

- "When you saw him, did you feel any bodily sensations?

Yes. When I passed by him, my whole body trembled—still does if he passes me now."

"Whenever I saw him and wanted to walk past, I felt as if I might collapse on the ground."

"Especially when I called him, I was physically agitated, and during face-to-face meetings things were disastrous."

Although these biological signs occur in both sexes, their sexual arousal component is stronger in men. The accounts of Shaghayegh (24), recalling ages 13-19, and Arash (23) illustrate this:

- "Tell me about that moment you saw him every day; physically, did you feel any difference?

Interesting question. When he passed close by or when I felt he might be looking at me—my heart jumped to my throat, terribly. You heat up from inside and freeze outside—really. I never felt that again until last summer when I liked another guy. Back then, though, it was pure—inside hot, outside cold, trembling hands, shaky voice, flushed cheeks. But sexually? No, I was too young. I didn't have those kinds of thoughts."

"The day we went to university—my dad insisted on driving me, but I wanted to go alone, so I did. With every step toward campus, my heart climbed higher in my chest. I kept thinking that maybe Esma would pass by; maybe that girl walking past was her...

- Was Esma like what you had imagined online?

She looked prettier virtually, but in person she was charming—funny, cheerful. I liked her even more. The bond that had begun online deepened in me, but I had to pretend nothing was happening. While chatting with others, my eyes kept tracing her laughter and glances. Oh, how badly I wanted to hug her. I was so excited I thought everyone could hear my heartbeat—so I tried hard to act normal.”

3-2: The Emergence of Certain Physiological Signs in the Beloved’s Absence

“I swear, whenever my phone screen lit up, it felt as if the blood in my heart was pumping ten times faster. I’d heat up—my body felt like it was inside a furnace. I wanted that feeling to repeat. I didn’t want those messages to end.” (*Ghazal, 24 years old*)

Although one would expect physiological symptoms in lovers to arise primarily during face-to-face encounters, in unspoken love—due to the absence of direct emotional exchange between lover and beloved—the conditions of presence and absence become nearly equivalent. Interviewees repeatedly reported physiological reactions even in the beloved’s absence. It should be noted, however, that the intensity of these symptoms is generally reported as lower in indirect interactions than in direct, in-person encounters.

Taraneh (22), in this regard, stated in her interview:

- “Could you describe some of the physiological changes you experienced at that time?

I don’t really know how to explain it, but my heart would flutter intensely. I don’t know the proper term for it. Sometimes I would feel a sudden rush of heat; sometimes my heart would race. I laughed a lot and became much more sensitive than usual. If someone said something to me under normal circumstances, I wouldn’t be upset—but during that time, even a trivial comment would deeply affect me, and I would dwell on it for days.

- Did these symptoms occur only in his presence, or also in his absence?

Both when he was there and when I was thinking about him.

- Was there a difference in intensity between presence and thought?

Yes, it was stronger in person.”

Interviewees emphasized that merely thinking about the beloved, seeing a message from them, hearing their name, or receiving news about them could trigger physiological responses.

Mohammad-Hossein (21), Arash (23), Tarannom (24), and Mehdi (26)—who recounted his unspoken love from age twelve to the present—each noted in separate interviews that simply thinking about the beloved evoked physical reactions:

- “How did you try to overcome your fear?

In my imagination, I rehearsed conversations I never dared to have. Yet the fear of rejection or painful reproach kept telling me to remain silent and drown in that silence.

Sometimes I imagined that one day I might become braver and, on a beautiful autumn evening beneath a pale blue sky that would grant me courage, confess my true feelings to Fatemeh and tell her how important she is to me. But the moment that fantasy approached reality, my heartbeat would suddenly intensify, my body temperature would rise, and I could feel stress in every cell of my being. Then everything would sink back into a deep, motionless silence, and I would once again remain alone with my memories and fear of expressing love...”

- “What did you think about most?

I constantly worried that some other guy might win Esma’s heart. That was my red line. Even thinking about it made my heart race. The thought kept repeating in my head.”

- “Why did people say you were emotionless?

I was never in a relationship. My school friends always talked about their boyfriends, and I mocked them, saying those feelings were childish and they didn’t know what love was. They would cry and say they hadn’t seen their boyfriend for weeks and missed him—but I would say boys weren’t worth it. And now, just not seeing Matin made my heart feel like it would stop.”

- “You know how at the beginning of love people’s hearts beat fast and their pupils dilate... Are you still like that when you see him?

The last time I saw him, I could barely breathe. I was so excited, but I didn’t want to show it. Even now, when I think about that moment, I feel short of breath.”

Zahra (25) reported that even a single message from her beloved would completely unsettle her:

- “Could you elaborate?

I realized that ever since I was accepted into midwifery school, Reza paid a bit more attention to me, so I tried to increase it. One day in Mehr (October), I posted a story from class and wrote, ‘Another Saturday and Professor’s class...’ Unexpectedly,

Reza—who never replied to my stories—responded within seconds: ‘~~uuuhg~~, you have class with that professor this term?’ The moment his notification appeared, my hands began trembling and sweating. I felt my heart stop for a second (laughs). My palms were cold and drenched in sweat. Suddenly my phone slipped from my hand and fell loudly in class. Everyone turned to look at me. I was mortified. Even the professor noticed. To avoid suspicion, I said I had received bad news and asked to step outside. I truly couldn’t stand—my legs felt weak. All I could think was how to reply to Reza.”

- “Then what happened?

I was completely restless. I’d even forgotten my phone had fallen until a classmate picked it up for me. As soon as I got it back, I rushed outside and sat behind the classroom door because I couldn’t stand. My heart felt as if it would leap out of my chest. Reza—who never even answered my greetings—had replied within seconds. I began chatting with him.

- And?

I replied, ‘Yes, I have class with him.’ Afraid he might read it and not respond, I immediately sent another message asking if he had taken that class too. He replied quickly that he had, for two consecutive terms. We chatted about professors and courses. Then he said, ‘Cousin, if you ever need anything, tell me. I have many friends here. Don’t feel like a stranger.’ When he said that, my hands turned cold again. I suddenly burst into tears. I had never felt such a thing before. I thought Reza was like a mountain I could lean on forever. I wanted to tell him I loved him, that he occupied my thoughts constantly, that I fell asleep thinking of him—or that sometimes I couldn’t sleep because of him, or that I took Hafez’s omens all night to see whether we would end up together. Students were walking by in the corridor, but at that moment nothing mattered but Reza. I didn’t care that I was sitting on the floor crying. I looked at his photos, caressing the screen, whispering, ‘You’re mine, Reza. No one can separate us.’ My hands trembled more and more, my sobs grew louder. Everyone thought I had received news of a death. I told them a relative had passed away. But those tears—I don’t know whether they were tears of joy or sorrow. Perhaps a mixture of both: joy because he had paid attention to me, and sorrow because I wasn’t sure I would ever truly have him.”

Zahra continued with another account:

“Around 6 p.m., my roommate—who studied medicine—entered the room. She was shocked when she saw me. I was crying so much I couldn’t speak; I gestured for her to check my blood pressure. It was 200/—and my heart rate was 130. No wonder it felt as though my heart was being torn from my chest (she pauses, tears flowing).

- (After a few minutes) If you can, please continue.

I can. Sorry—I got emotional. It seems past sorrow never truly leaves (pause). My roommate gave me a sublingual pill and injected a sedative. I calmed down slightly, but I still felt unwell. I tried not to think about anything, but I couldn't. Reza filled my entire mind. I was astonished—how could one message disturb me so profoundly? Yet at that time nothing was under my control. My whole being was filled with love for him. He had become an idol I constantly thought about and admired—a flawless being, as if no one more perfect had ever been born. Even when I closed my eyes to avoid thinking of him, his image appeared more vividly."

Bahar and Fatemeh (18), in separate interviews, likewise emphasized that merely hearing the beloved's name or receiving news about him unsettled them:

- Could you describe the feelings forming inside you?

I don't know what was happening to me. When my friends mentioned Mohammad's name, my heart rate skyrocketed. When his notification appeared in a group or private chat, my body flushed and a strange anxiety overtook me. I even felt threatened when he was in a group with Leila and Nahal's friends—worried they might draw him toward them. I had become extremely sensitive. Mohammad was constantly on my mind."

- "What physical changes do you experience when you see him?

He has emigrated now, but if I hear news of him—or even hear his voice—my heart beats rapidly, my pupils dilate, and I feel immense joy and a special excitement."

3-3: Experiencing a Different Emotional State

Reference has previously been made to the experience of a distinct emotional state among the initial signs of unspoken love, and it was noted that individuals inclined toward love report experiencing emotions in the course of love whose emergence, appearance, and manifestation they had not witnessed in themselves throughout their lives. In examining the mid-stage signs of unspoken love as well, some of the interviewed individuals have referred to the simultaneous experience of pain and pleasure—an emotional combination that is not ordinarily observed together in everyday life.

In this regard, Sabrina, 19 years old, and Hajar, 21 years old, referred to the distinct emotions they experienced in the middle stage of love as follows:

- "When you saw him, what did you feel?

Heart palpitations, a flushed face, becoming flustered, confusion. My brain would practically stop working. Embarrassment about making eye contact with him—a sweet feeling.”

“When he stood up and I saw his height and physique completely, my heart suddenly dropped. I had become so red that at that moment I wished I could jump into a bucket of ice water. I felt as if my heart had fallen to the ground, and the unfortunate thing was that in such moments my condition was very obvious. In a way, as we say ourselves, I was totally exposed.

- Exposed in what sense?

My hands were trembling so much that whatever I had in my hands would fall from them. I liked this feeling—I mean it was pleasurable for me—but I didn’t really know what was wrong with me. I would reproach myself, saying why should I become like this? Who even is this person? For example, when I was in the waiting hall waiting for my turn to go and see him, or when he passed by me, my legs would start trembling. I would get heart palpitations. I tried very hard to control myself, but it still wouldn’t work.

- How did you try to control yourself?

I would frown at myself, get up, go to the water cooler and drink cold water, and scold myself, saying: be ashamed of yourself—why are you so lacking in composure? After complaining to myself a lot, I would quickly decide that if I went inside I should behave normally, because he too is an ordinary person like other men. But when I wanted to go inside, it felt as if they had connected me to a high-voltage electric current—I became that unsettled.

- When you saw him, were you firm in front of him or not?

Sometimes I wouldn’t listen to what he was saying, but in terms of firmness, I was not someone who would easily reveal my feelings, and my pride remained in place, but well...

- In the end, were you able to control yourself and behave normally or not?

I tried with all my effort, but I would clearly notice that, for example, my mouth had become dry and my voice was coming out of my throat with difficulty. Sometimes I imagined that everything I was saying was wrong and mistaken; I thought that I had begun to stutter...”

3-4: Cultivating Gentleness in the Course of Unspoken Love

In the course of spoken and unspoken love, when individuals encounter love—which on the one hand is accompanied by inner exhilaration and on the other by a sense of mysticism, forgiveness, self-sacrifice, and growth—they come to possess a gentler disposition.

Saeed, 26, who narrated the story of his love from childhood and before his biological puberty, spoke about the reduction of his selfishness, his seeing life as more beautiful, and his generosity toward his cousin whom he loved, as follows:

- “What effect did this love have on your personal life?

Love generally makes life more beautiful. It gives you energy. It’s as if a light of hope shines into a person’s life. I had this feeling. Throughout the whole time that I loved Fatemeh, my outlook was long-term. I thought, well, then my future must also be shaped together with Fatemeh. I wasn’t just looking for pleasure. My family wasn’t like that. Whenever I saw her, I would return home with excitement and enthusiasm. That day I would be full of energy. In my opinion, love gives a person the power to go beyond oneself; it even helps a person to be able to love others as well. A person’s selfishness decreases. I understood this very clearly. Even from that childhood when I loved her. My selfishness had decreased. I was the only child in the family and everything belonged to me. Before Fatemeh entered my life, I wasn’t willing to share my belongings with anyone, but whatever Fatemeh liked, I would give it to her. It had nothing to do with my mother’s or father’s advice—although mostly my father had told me that whatever she wants, give it to her, and later I will buy it for you—but truly I wasn’t doing it because of my father’s words. Love and affection cause a person’s existential boundaries to expand. This is a reality. Even when you are young. Of course, in my opinion real loves have become scarce nowadays.”

Hajar, 21, in her interview spoke about the transformation of her previously problematic relationship with her mother into a loving one; Nastaran, 28, spoke about the patience and forgiveness she practiced in relation to the person she loves; and Hossein, 27, spoke about becoming more compassionate and kind in his relations with people:

- “Hajar, when your love began, did your activity and liveliness in life increase or not?

What a good question you asked. You know, all these things I told you and the things I want to tell you—meaning all these efforts and attentions—were because of that activity and dynamism you mentioned. My life truly came into a state of upheaval. I mean, for the entire 24 hours I kept remembering him—while I was studying and while I was helping at home. Let me say in parentheses that my relationship with my mom