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The Opposite of Love

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The Opposite of Love

Angehyka Cava

It's a common misconception that the opposite of love is hate. What if you love to hate?

It's easy to become engrossed in picking apart something that makes your blood boil. Analyzing every aspect of whatever abomination occupies your mind. Turning it into a hobby, even an obsession. You start thinking about it more than anything else in your life.

Sometimes you want the hateful thoughts to leave your mind. They're rude guests invading your once-peaceful home, ruining all of your furniture. But no matter how hard you try to push them out, they won't leave. They become your roommates.

Do I hate being hateful? Maybe I'm scared to let the hate go. Maybe I love it, because I keep doing it no matter what. Maybe I need it.

Some people say that "hate" is a strong word, so they wouldn't use it on anything or anyone. But that's not me. I use it more than "love." I use it too much.

The hate has become a part of me. I turn to it when things go wrong. It helps me deal with my failures. It's a distraction from the real problem: me.

But it's more like destruction than distraction.