

Vocabulary List for
Erich Fromm “The Art of Loving”



No.	単語・表現	意味	英英	例文
1	shallow	浅い、表面的な	Lacking depth or serious thought.	Shallow advice rarely solves deep problems.
2	shortcut	近道、手っ取り早い方法	A quicker but often less thorough way.	There is no shortcut to true love.
3	attract	引きつける	To draw attention or interest.	Kindness attracts genuine friendship.
4	fundamental	根本的な	Forming the basic foundation of something.	Trust is fundamental to relationships.
5	immediate	即時の、目先の	Happening or needed at once.	He sought immediate satisfaction.
6	superficial	表面的な	Concerned only with surface appearance.	Superficial charm fades quickly.
7	prescription	処方、決まった解決策	A fixed rule or solution for a problem.	There is no simple prescription for happiness.
8	capacity	能力、資質	The ability to do or feel something.	Humans have the capacity to love deeply.
9	achievable	達成可能な	Possible to accomplish.	Mutual understanding is achievable through effort.
10	personality	人格、個性	The combination of traits forming character.	Love requires mature personality.
11	discipline	規律、自己鍛錬	Self-control and training for improvement.	Discipline strengthens relationships.
12	courage	勇気	The ability to face fear or difficulty.	It takes courage to love sincerely.
13	dependent	依存している	Relying on someone or something for support.	Children are dependent on their parents.
14	master (verb)	習得する、極める	To gain complete skill or control over something.	She mastered the art of communication.
15	package (verb)	見せ方を整える	To present oneself in an attractive way.	He tried to package himself as confident.
16	charming	魅力的な	Pleasant and attractive in personality or appearance.	She has a charming smile.
17	engage	積極的に関わる	To participate or become involved actively.	We must engage with others sincerely.
18	object	対象	A person or thing toward which feelings are directed.	Love is not about finding the perfect object.
19	misunderstanding	誤解	A wrong or incorrect understanding.	There is a common misunderstanding about love.
20	worthy	値する	Deserving of attention, respect, or love.	Everyone is worthy of respect.

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21	faculty	能力、機能	An inherent mental or physical ability.	Love is a human faculty.
22	cultivate	育む、養う	To develop a quality through effort.	We should cultivate kindness daily.
23	humanity	人類、人間性	All people collectively; human nature.	Love should extend to humanity.
24	acquire	習得する	To gain something through effort.	She acquired patience over time.
25	further (verb)	促進する、さらに進める	To help develop or advance something.	Parents further their children’s growth.
26	stance	姿勢、立場	A person’s attitude or position on something.	She took a caring stance toward others.
27	ecstasy	恍惚、強い喜び	An overwhelming feeling of joy or excitement.	He felt ecstasy at their reunion.
28	permanent	永続的な	Lasting for a long time or forever.	True love is not just a permanent emotion.
29	orientation	志向、方向づけ	A general attitude or guiding principle.	His moral orientation shaped his actions.
30	relatedness	関係性	The state of being connected to others.	Love defines our relatedness to the world.
31	indifferent	無関心な	Showing no interest or concern.	He remained indifferent to others’ pain.
32	symbiotic	共生的な	Involving close mutual dependence.	Their bond became symbiotic.
33	attachment	愛着、執着	A strong emotional bond or dependence.	Healthy attachment differs from obsession.
34	selective	選択的な	Choosing only certain things or people.	Selective kindness is not true love.
35	possessive	独占欲の強い	Wanting to control or own someone.	Possessive love can harm relationships.
36	affirm	肯定する	To state or support something strongly.	She affirmed the dignity of all people.
37	derive	由来する、生じる	To originate or come from something.	True happiness derives from inner peace.
38	inseparable	切り離せない	Impossible to separate from something else.	Freedom and responsibility are inseparable.
39	impartial	公平な、偏りのない	Treating all sides equally without bias.	A judge must remain impartial.
40	doctrine	教義、主義	A set of beliefs or principles.	He followed the doctrine of impartial love.

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41	premised on	～を前提として	Based on or founded upon something.	Trust is premised on honesty.
42	selfishness	利己主義	Concern only for one's own advantage.	Selfishness damages relationships.
43	compensate	埋め合わせる	To make up for something lacking.	He tried to compensate for insecurity.
44	prestige	名声、威信	Respect or admiration from others.	The school gained prestige worldwide.
45	dissatisfaction	不満	A feeling of unhappiness or discontent.	Dissatisfaction grew among employees.
46	sustainable	持続可能な	Able to continue over a long time.	Healthy love must be sustainable.
47	inexhaustible	枯渇しない	Impossible to use up completely.	Compassion is an inexhaustible resource.
48	merely	単に	Only; just and nothing more.	Love is not merely a technique.
49	concentration	集中	The ability to focus attention fully.	Loving requires deep concentration.
50	interaction	相互作用、交流	Communication or action between people.	Every interaction is an opportunity to care.
51	reflect	熟考する	To think carefully about something.	We should reflect on our behavior daily.
52	pretend	ふりをする	To act as if something is true.	Some people pretend to listen.
53	extract	引き出す、得る	To obtain something, often by effort or force.	He smiled to extract benefits.
54	perceptive	洞察力のある	Able to notice and understand things quickly.	Perceptive people sense insincerity.
55	commitment	献身、約束	A firm decision to dedicate oneself.	Marriage requires deep commitment.
56	guarantee	保証	A promise that something will happen.	Love offers no guarantee of return.
57	egoistic	利己的な	Concerned mainly with one's own advantage.	An egoistic motive weakens relationships.