Types of Love

Nurturing your emotions
Love is integral for our emotional health and quality of life. Without it, disharmony can occur leading to emotional, intellectual or physical dysfunction. For optimum health we need a combination of all aspects of love:

**Self Love** - the way we look upon and treat ourselves
- following your heart’s desire
- taking responsibility for your life and happiness
- treating yourself with kindness and gentleness
- allowing love into your life
- being yourself inwardly and outwardly
- spending time with people that make you feel good & limiting time with those that don’t

**Giving Love to others**
- expressing love
- physical expression – hugs, kisses, sex
- tone of voice & expression on your face
- allowing people to get to know you
- expressing compassion and empathy
- sharing your experiences, emotions & everyday living.

**Receiving Love**
- accepting words of love
- accepting appropriate touch
- responding when people ask about your wellbeing
- recognising and acknowledging actions, words and expressions of love

**Unconditional love**
- striving to live in harmony with your environment
- accepting and loving others as they are
- loving yourself as you are
- giving love without expectation
- approaching and receiving people with an open heart and mind
- forgiving self and others

**Activity**
- Choose one type of love - Self, Giving Love, Receiving Love or Unconditional Love.
- Choose six aspects from the category. E.g. If you picked self love, one of the aspects may be ‘laughter’.
- Write down one aspect next to each of the small rectangular boxes on the provided Love Graph on the next page. Colour in each box in a different colour.
- Using those colours create a bar graph to demonstrate to what level you think you live according to that aspect. Eg. for laughter, if you find that you laugh a lot on a daily basis, then the bar for laughter would be perhaps between 7 – 10.
- See example of a completed Love Graph on the following page.