

Counselling Awareness

## 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
- taking care of your needs
- laughter
- self forgiveness
- self acceptance
- play, having fun

#### **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.
- gift giving
- assisting/helping/volunteering
- forgiveness
- taking an interest in people
- smiling

#### **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
- accepting help
- accepting compliments
- accepting gifts

#### **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.