



Practice Happiness...by Loving Others

10 Powerful Ways to Communicate & Experience Love

The purpose of this worksheet is to reinforce the principles of love taught in *Practice Happiness by Loving Others: 10 Powerful Ways to Communicate and Experience Love* (BeHappyforLife.net). It is designed to help you deepen your understanding of love and improve the way you communicate love that will enhance your overall experience of love in your life.

This worksheet is divided into three sections: Section A is a review. You will be asked questions that correspond with Part One: *Types of Love*. They will be in a question and answer format. Once you have finished, you can check your answers with the *Worksheets Answer Key* at BeHappyforLife.net. Section B is the journal of reflection. These questions are from the reflection section of *Types of Love*. Here you will be provided with space to record your thoughts and answers. Section C closes with the empowering thought and affirmation that will reinforce the key principle of *Types of Love*.

Allow yourself the necessary time to develop a thorough understanding of the material presented in each section. You might want to go through one section per week or however long it takes until you can incorporate the principles taught into your daily life. As you work through this material, you will find that you will be more conscious of the way love is communicated to you and by you. And you will also develop a greater understanding of how to be more effective in your demonstration and expression of love. This process will take time, but it is an experience that will forever improve your life and relationships.

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Part One:

Types of Love

Read Part One: Types of Love in *Practice Happiness by Loving Others: 10 Powerful Ways to Communicate and Experience Love* (BeHappyforLife.net). Then answer the following questions. You can check your answers when completed in the Worksheet Answer Key provided at BeHappyforLife.net.

Section A: Review

1. What are the different degrees and intensities of love?

2. What is the highest form of love?

3. Name the 3 words used to describe love in the Greek.

4. _____ love is not based on feelings.

5. Phileo love is normal human _____.

6. _____ love has to do with sensuality.

7. There is more than one way to say _____.

Section B: Journal of Reflection

1. Think about the people you love. What is different in the way you love each one of them?

2. If you had to make a list of the people you love, who would be at the top of your list? The bottom?

3. Review the 3 types of love (eros, phileo, and agape). Describe your experience of each. Which one is most dominant in your life and relationships?

4. Do you feel you have a good balance of the different types of love? Or do you want more or less of one or more type(s)? Explain.

5. If you had to define love, how would you describe it?

Section C: EMPOWERING THOUGHTS & AFFIRMATIONS...

There is more than one way to say “I love you.”

I can know love in a deeper way as I learn how to discern its attributes.

Notes:

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.