

Love Is The Answer

The following passages, checklists and images are taken from the 2017 book,
Love Is The Answer: How Understanding the 10 Different Types of Love Will Change Your Life Forever,
by Dr Fiona Beddoes-Jones, available from Amazon.

In summary, the 10 Different Types of Love with their Greek correlates are:

- | | |
|--------------------|-------------------|
| 1. Universal Love | Agapé |
| 2. Love 2.0 | - |
| 3. Romantic Love | Erotic |
| 4. Familial Love | Storge |
| 5. Friendship Love | Philia / Platonic |
| 6. Playful Love | Ludus |
| 7. Self-love | Philautia |
| 8. Material Love | - |
| 9. Love of Nature | - |
| 10. Pragmatic Love | Pragma |

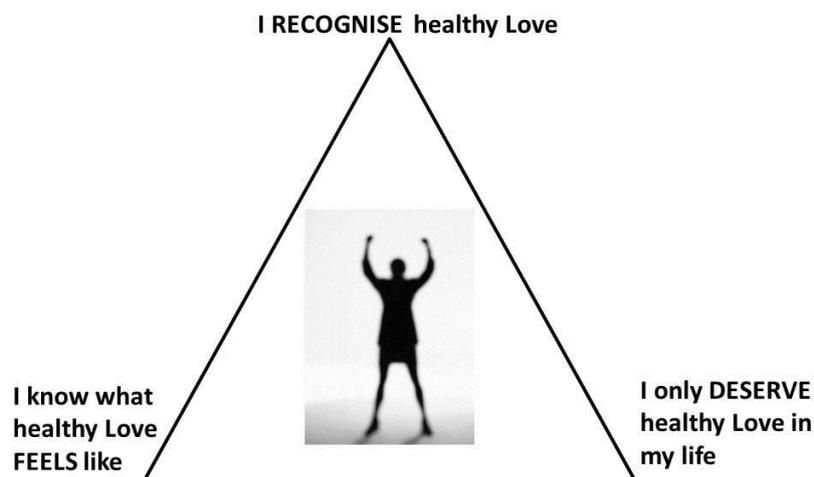
Healthy Self-Love

Self-Love is the degree to which we Love and care for ourselves.

As we explored in Chapter 3, there is one kind of healthy Self-Love, but two kinds of 'unhealthy' Self-Love. Too much Self-Love can lead to feelings of entitlement, to narcissism, bullying and to aggressive, angry outbursts. Too little Self-Love can lead to a crippling lack of self-confidence, feelings of worthlessness, self-harming behaviours and other expressions of a lack of self-esteem.

There are many words that indicate Self-Love. Words such as: self-respect; self-confidence; self-esteem; self-worth; self-assurance and self-regard. Self-Love also includes ideas such as being self-accepting, compassionate, and kind and forgiving towards ourselves, as these are good indicators of how much we do genuinely Love ourselves.

The Healthy Love Triad



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The following 3 checklists: for Self-Love, Self-Awareness and Self-Understanding, are not designed to be comprehensive, statistically valid measures. Instead, they are designed to be quick, easy indicators of approximately how much of each you currently have in your life.

The checklist for Self-Love

		No	Yes
1.	I am worth something		
2.	My happiness matters		
3.	I respect myself		
4.	I expect other people to respect me		
5.	I accept myself for who I am and what I am		
6.	I avoid people who are very critical of me		
7.	I genuinely like myself		
8.	My thoughts and feelings matter		
9.	I am my own best friend		
10.	I'm often kind to myself		
	Your Total		

The checklist for Healthy Self-Awareness

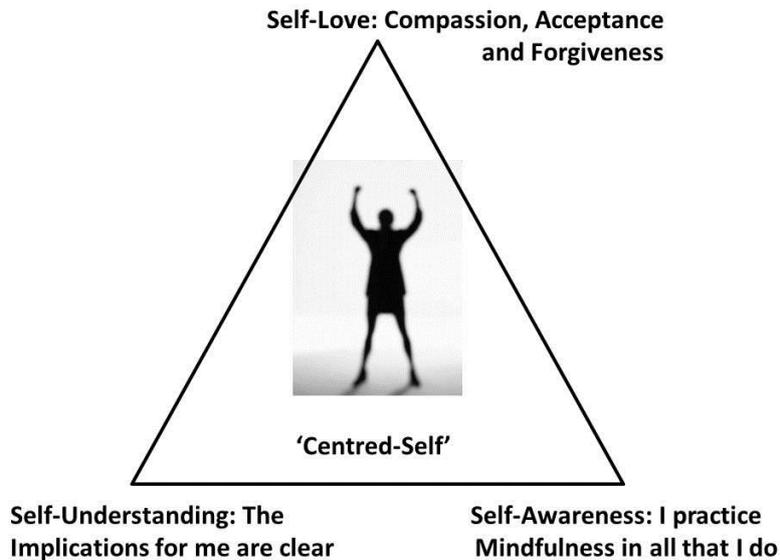
		No	Yes
1.	I like learning things about myself		
2.	I can describe how I'm feeling at any moment		
3.	I recognise that not everyone thinks as I do		
4.	I can list my 5 highest values quite easily		
5.	I practice 'mindfulness' in all that I do		
6.	I'm always on a voyage of self-discovery		
7.	I'm very clear about who I am		
8.	I'm acutely aware of when I've upset someone		
9.	I'm aware of my changing energy levels daily		
10.	Being self-aware also makes me others-aware		
	Your Total		

The checklist for Healthy Self-Understanding

		No	Yes
1.	I know why I do the things that I do		
2.	If I'm asked to explain my thinking, I can		
3.	When someone is upset with me, I know why		
4.	I can tell you what my strengths are		
5.	I understand how my moods impact on others		
6.	I always make time for self-reflection		
7.	If someone has upset me I can explain why		
8.	I understand how my weaknesses affect my life		
9.	I know what motivates me and what doesn't		
10.	I often dwell on things until I understand them		
	Your Total		

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Having a 'Centred-Self'



Having a 'Centred-Self'

Having a centred sense of self happens when we know ourselves intimately, we understand ourselves fully, we accept ourselves completely and we love and forgive ourselves unreservedly.

When we are Centred, we are emotionally calm and strong. We have a robust sense of what it means to be us living our own unique life, and life's ups and downs don't throw us off balance. This can only be achieved by the combination of Self-Awareness, Self-Understanding and Self-Love. Of all of the three elements, Self-Love is the most important.

A Note from the Author

Please be aware that the excerpts included here are purely a synopsis taken from the book, ***Love Is The Answer: How Understanding the 10 Different Types of Love Will Change Your Life Forever***. There is considerably more information within the chapters of the book which you will find beneficial and which will help you to recreate your future in a safe and supportive environment.

Do all things with Love.

Fiona Beddoes-Jones, 2017.