



*Discovering Your
Ways of Loving*



Discover Your *Ways of Loving*

This PDF supports the tutorial located at www.TheLoveMandala.com/More/ or www.WaysofLovingVideoTutorial.com to walk you through the process to discover your *Ways of Loving*.

This can empower you to communicate your *Ways of Loving* and open to experiencing more love. By inviting your loved to follow the process, you open the door to understand them and create more powerfully loving experiences between you.

Step 1: Check up to sixteen of the top feelings you want to experience on page 3.

Step 2: Use the chart on page 4 to narrow down your top desired feelings to four desired feelings.

Step 3: Go through Pages 5-18 and mark your top four desired feelings on the left hand side of each page.

Please Note: Some desired feelings are associated with all *Ways* and others only one or two. Feel free to amend your list if you think of a *Way of Loving* that is not listed or in is another section but feels right to you. These are just my top suggestions.

Step 4: Evaluate on pages 5-18 which *Ways of Loving* in the right hand column are most meaningful to you that evoke the feelings you highlighted. You can flip through the book to read about each way to help you decide. Circle or highlight them once you pick.

Please Note: You may find that one or more of your *Ways of Loving* are about relating to yourself more than others.

Step 5: List your current *Ways of Loving* on page 19. Then share your results to explore how you can create more love and connection with yourself, partner, family or friends. Page 20 provides room to list the *Ways of Loving* of your loved ones.

Step 1: Check up to **sixteen** of the top desired feelings you want to experience on this list.

Desired Feelings

- | | | |
|--|---|--|
| <input type="checkbox"/> Abundant | <input type="checkbox"/> Excited | <input type="checkbox"/> Powerful |
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Expansive | <input type="checkbox"/> Present |
| <input type="checkbox"/> Acknowledged | <input type="checkbox"/> Exploratory | <input type="checkbox"/> Protected |
| <input type="checkbox"/> Allowing | <input type="checkbox"/> Expressive | <input type="checkbox"/> Proud |
| <input type="checkbox"/> Appreciation | <input type="checkbox"/> Faith | <input type="checkbox"/> Receptive |
| <input type="checkbox"/> Arcused | <input type="checkbox"/> Flexible | <input type="checkbox"/> Reflective |
| <input type="checkbox"/> Attentive | <input type="checkbox"/> Focused | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Authentic | <input type="checkbox"/> Free | <input type="checkbox"/> Release |
| <input type="checkbox"/> Aware | <input type="checkbox"/> Fun | <input type="checkbox"/> Relief |
| <input type="checkbox"/> Balanced | <input type="checkbox"/> Generous | <input type="checkbox"/> Resourceful |
| <input type="checkbox"/> Blessed | <input type="checkbox"/> Gentle | <input type="checkbox"/> Restored |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Gracious | <input type="checkbox"/> Respected |
| <input type="checkbox"/> Capable | <input type="checkbox"/> Grateful | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Grounded | <input type="checkbox"/> Safe |
| <input type="checkbox"/> Celebratory | <input type="checkbox"/> Happy | <input type="checkbox"/> Satisfied |
| <input type="checkbox"/> Centered | <input type="checkbox"/> Harmonious | <input type="checkbox"/> Seen |
| <input type="checkbox"/> Charitable | <input type="checkbox"/> Healthy | <input type="checkbox"/> Sensual |
| <input type="checkbox"/> Cherished | <input type="checkbox"/> Heard | <input type="checkbox"/> Sexy |
| <input type="checkbox"/> Clear | <input type="checkbox"/> Heartfelt | <input type="checkbox"/> Soft |
| <input type="checkbox"/> Collaborative | <input type="checkbox"/> Honest | <input type="checkbox"/> Solace |
| <input type="checkbox"/> Comforted | <input type="checkbox"/> Honored | <input type="checkbox"/> Spacious |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Hopeful | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Competent | <input type="checkbox"/> Inclusive | <input type="checkbox"/> Steady |
| <input type="checkbox"/> Complete | <input type="checkbox"/> Innovative | <input type="checkbox"/> Stimulated |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Inspired | <input type="checkbox"/> Strong |
| <input type="checkbox"/> Connected | <input type="checkbox"/> Integrated | <input type="checkbox"/> Supported |
| <input type="checkbox"/> Consoled | <input type="checkbox"/> Intrigued | <input type="checkbox"/> Surprised |
| <input type="checkbox"/> Contained | <input type="checkbox"/> Intimate | <input type="checkbox"/> Surrender |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Joyful | <input type="checkbox"/> Sweet |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Kind | <input type="checkbox"/> Tender |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Laughter | <input type="checkbox"/> Transparent |
| <input type="checkbox"/> Direct | <input type="checkbox"/> Lightness | <input type="checkbox"/> Treasured |
| <input type="checkbox"/> Ecstasy | <input type="checkbox"/> Non-Attachment | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Embraced | <input type="checkbox"/> Nurtured/Nourished | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Open | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Empowered | <input type="checkbox"/> Open-Hearted | <input type="checkbox"/> Unquestioned |
| <input type="checkbox"/> Encouraged | <input type="checkbox"/> Optimistic | <input type="checkbox"/> Valued |
| <input type="checkbox"/> Energized | <input type="checkbox"/> Patience | <input type="checkbox"/> Warmth |
| <input type="checkbox"/> Engaged | <input type="checkbox"/> Passionate | <input type="checkbox"/> Welcomed |
| <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Peaceful | <input type="checkbox"/> Whole |
| <input type="checkbox"/> Entertained | <input type="checkbox"/> Playful | <input type="checkbox"/> Witnessed |
| <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Pleasure | <input type="checkbox"/> Worthy |
| <input type="checkbox"/> Evolving | <input type="checkbox"/> Positive | |

Step 2: Follow the steps below to identify the most desired feelings to you, **narrowing down to your top four**. Do this by starting with up to sixteen feelings on the left hand side of the chart. Reduce these to eight in the middle column and then your final four selections in the right hand side.



A series of horizontal lines for recording feelings, organized into three columns:

- Column 1 (Left):** 16 horizontal lines.
- Column 2 (Middle):** 8 horizontal lines.
- Column 3 (Right):** 4 horizontal lines.

Large black arrows point from the bottom of the first column to the middle of the second column, and from the bottom of the second column to the middle of the third column, indicating the flow of the selection process.

Step 3 & 4: Mark your top **four desired feelings** on the left hand column of pages 5-18. Evaluate which **Ways of Loving** in the right hand column are the most meaningful to evoke that feeling for you. You can flip through the book to read about each way to help you decide. Each *Way of Loving* is alphabetized within it's section of the book.

For your reference, the *Way of Loving* section that they come from is noted in bold: Way of Acting, Being, Speaking, Thinking or Touching.

Desired Feelings	Ways of Loving
Abundant	Acting: Financial Support Being: Allowing Space or Time Alone Thinking: Gratitude
Acceptance	Being: Accepting all of Me, Patience, Self-Awareness, Wholeness Thinking: Embracing Differences, Forgiveness, Respect For Who I Am
Acknowledged	Speaking: Acknowledging / Allowing Feelings Thinking: Apologizing, Reflective Listening, Words of Encouragement, Words of Praise Touching: Caring for Our Anger, Gratitude, Working with Fear
Allowing	Being: Accepting All of Me, Allowing Space or Time Alone, Cultivating Trust, Patience, Surrender Thinking: Freedom / Room to Explore
Appreciation	Being: Recognizing My Inherent Worth Speaking: Saying I Love You, Words of Appreciation, Words of Praise, Written Words of Love Thinking: Gratitude
Aroused	Speaking: Sharing Feelings, Verbally Inviting Sexual Intimacy Touching: Caressing, Kissing, Sexual / Sensual Touch
Attentive	Being: Attentiveness, Being Present, Listening From the Heart, Self-Awareness Speaking: Reflective Listening Touching: Caressing, Cuddling, Holding Hands, Holding Me When I'm Hurting, Hugging
Authentic	Being: Being Present, Listening from the Heart, I am Love, Vulnerability Speaking: Asking For What you Want, Authentic Honest Communication, Communicating During Conflict, Sharing Feelings

Desired Feelings

Ways of Loving

Aware	Being: Being Present, Listening from the Heart, Self-Awareness Thinking: Caring for Our Anger, Working with Fear
Balanced	Acting: Physical Care Being: Holding My Center In Love Thinking: Caring for Our Anger, Working with Fear
Blessed	Being: Elevating Your Feeling State Speaking: Words of Appreciation, Written Words of Love Thinking: Gratitude
Calm	Being: Allowing Space or Time Alone, Being Present Thinking: Working with Fear
Capable	Acting: Accountability / Self Responsibility Being: Boundaries, Elevating Your Feeling State Thinking: Showing Faith & Belief in Me
Caring	Acting: Attentiveness, Kindness Being: Holding My Center In Love, Listening From the Heart Speaking: Reflective Listening Thinking: Caring for Our Anger Touching: Caressing, Cuddling, Holding Hands, Holding Me When I'm Hurting, Hugging
Celebratory	Being: Recognizing My Inherent Worth, Wholeness Speaking: Sharing Stories, Words of Appreciation, Words of Encouragement, Written Words of Love Thinking: Respect For Who I Am Touching: Hugging, Kissing
Centered	Being: I am Love, Being Present, Allowing Space or Time Alone, Holding My Center in Love
Charitable	Acting: 5Wj cZGYfj JWz: j bUbVJU`Gi ddcfh
Cherished	Acting: Cherishing Through Eye Gazing Being: Listening From the Heart Speaking: Sharing Stories, Words of Appreciation, Words of Encouragement Thinking: Embracing Differences, Remembrance, Respect For Who I Am Touching: Caressing, Cuddling, Hugging, Kissing, Sexual / Sensual Touch

Desired Feelings Ways of Loving

Clear	Being: Boundaries, Holding My Center in Love, Self-Awareness Speaking: Asking for What You Want, Reflective Listening, Sharing Feedback with Love
Collaborative	Acting: Sharing in Activities Speaking: Reflective Listening
Comforted	Acting: Kindness Being: Listening From the Heart, Showing Compassion, Surrender Thinking: Caring for Our Anger Touching: Cuddling, Holding Hands, Holding Me When I'm Hurting, Hugging
Compassion	Being: Holding Space for Others, Patience, Showing Compassion Thinking: Caring for Our Anger
Competent	Acting: Accountability / Self Responsibility, Supporting Learning and Growth Thinking: Showing Faith & Belief in Me
Complete	Being: Recognizing My Inherent Worth, Wholeness Speaking: Reflective Listening Thinking: Embracing Differences
Confident	Being: Elevating Your Feeling State Speaking: Words of Encouragement Thinking: Showing Faith & Belief in Me
Connected	Acting: Cherishing Through Eye Gazing, Sharing in Activities Being: Accepting All of Me, Being Present, Listening From the Heart, Wholeness Speaking: Authentic / Honest Communication, Reflective Listening, Saying I Love You, Sharing Stories, Words of Appreciation Touching: Caressing, Cuddling, Holding Hands, Holding Me When I'm Hurting, Hugging, Kissing, Public Expressions of Affection, Reconnecting with Touch
Consoled	Being: Showing Compassion Thinking: Caring for Our Anger, Working with Fear Touching: Holding Me When I'm Hurting, Hugging
Contained	Being: Cultivating Trust Thinking: Caring for Our Anger Touching: Cuddling, Holding Me When I'm Hurting, Hugging

Desired Feelings Ways of Loving

Cooperative	Being: Cultivating Trust Speaking: Communicating During Conflict Thinking: Embracing Differences
Creative	Acting: Creative Play, Surprises / Unexpected Gifts Being: Allowing Space or Time Alone, Elevating Your Feeling State Speaking: Sharing Ideas and Dreams, Sharing Stories
Curious	Being: Self-Awareness Speaking: Reflective Listening, Sharing Ideas and Dreams Thinking: Curiosity
Direct	Speaking: Authentic / Honest Communication, Communicating During Conflict, Sharing Feedback with Love
Ecstasy	Touching: Caressing, Kissing, Sexual / Sensual Touch
Embraced	Being: Acknowledging / Allowing Feelings, Accepting All of Me, Listening From the Heart, Recognizing My Inherent Worth, Self-Awareness, Wholeness Speaking: Words of Appreciation, Written Words of Love Thinking: Embracing Differences, Respect For Who I Am Touching: Cuddling, Holding Me When I'm Hurting, Hugging
Empathy	Being: Showing Compassion Speaking: Reflective Listening, Sharing Feelings Touching: Holding Me When I'm Hurting
Empowered	Acting: Accountability / Self Responsibility Being: Elevating Your Feeling State, Holding My Center in Love Speaking: Words of Appreciation, Words of Encouragement, Words of Praise
Encouraged	Acting: Supporting Learning & Growth Being: Allowing Space or Time Alone, Listening From the Heart Speaking: Sharing Ideas & Dreams, Words of Appreciation, Words of Encouragement, Words of Praise Thinking: Embracing Differences
Energized	Acting: Creative Play Being: Elevating Your Feeling State Speaking: Sharing Ideas & Dreams, Sharing Laughter, Words of Appreciation, Words of Encouragement

Desired Feelings Ways of Loving

Engaged	Acting: Sharing in Activities Being: Being Present Speaking: Sharing Ideas and Dreams Thinking: Curiosity
Enjoyment	Acting: Sharing in Activities Being: Elevating Your Feeling State Speaking: Sharing Stories Touching: Caressing, Cuddling, Hugging, Kissing, Sexual / Sensual Touch
Entertained	Acting: Activating Joy & Fun Speaking: Sharing Laughter, Sharing Stories
Enthusiastic	Acting: Activating Joy & Fun Being: Elevating Your Feeling State Speaking: Sharing Laughter, Sharing Ideas & Dreams, Written Words of Love
Evolving	Acting: Supporting Learning & Growth Being: Elevating Your Feeling State Speaking: Words of Appreciation, Words of Encouragement Thinking: Respect for Who I Am, Freedom / Room to Explore
Excited	Acting: Activating Joy & Fun, Surprises / Unexpected Gifts Speaking: Sharing Ideas and Dreams, Verbally Inviting Sexual Intimacy Touching: Caressing, Cuddling, Kissing, Sexual / Sensual Touch
Expansive	Acting: Supporting Learning & Growth Being: Allowing Space or Time Alone, Elevating Your Feeling State, I am Love Speaking: Words of Appreciation, Words of Encouragement Thinking: Respect for Who I Am, Freedom / Room to Explore, Curiosity
Exploratory	Acting: Creative Play Being: Allowing Space or Time Alone, Elevating Your Feeling State, Self-Awareness Speaking: Sharing Ideas and Dreams, Verbally Inviting Sexual Intimacy Thinking: Freedom/Room to Explore, Curiosity Touching: Caressing, Non-sexual Touch, Sexual / Sensual Touch
Expressive	Acting: Creative Play Speaking: Authentic / Honest Communication, Saying I Love You, Sharing Ideas and Dreams, Sharing Laughter, Sharing Stories, Words of Appreciation, Written Words of Love Touching: Caressing, Cuddling, Hugging, Massage, Non-sexual Touch, Sexual / Sensual Touch

Desired Feelings Ways of Loving

Harmonious	Being: I am Love, Holding My Center In Love, Cultivating Trust Thinking: Caring for Our Anger, Embracing Differences, Non-Judgment, Respect For Who I Am
Healthy	Acting: Physical Care Being: Elevating Your Feeling State Thinking: Caring for Our Anger Touching: Caressing, Cuddling, Hugging, Massage, Non-sexual Touch, Sexual / Sensual Touch
Heard	Being: Acknowledging / Allowing Feelings, Attentiveness Speaking: Authentic / Honest Communication Thinking: Respect For Who I Am
Heartfelt	Acting: Cherishing Through Eye Gazing Being: Listening From the Heart Speaking: Authentic / Honest Communication, Saying I Love You, Written Words of Love
Honest	Being: Self-Awareness, Vulnerability Speaking: Authentic / Honest Communication, Asking for What You Want Thinking: Caring for Our Anger
Honored	Being: Attentiveness, Being Present, Cultivating Trust Speaking: Apologizing, Authentic Honest Communication, Words of Appreciation, Words of Praise Thinking: Gratitude, Remembrance, Respect For Who I Am Touching: Caressing, Cuddling, Hugging, Kissing, Massage, Non-sexual Touch, Sexual / Sensual Touch
Hopeful	Being: Elevating Your Feeling State Speaking: Sharing Ideas and Dreams, Words of Encouragement Thinking: Caring for Our Anger, Showing Faith & Belief in Me, Working with Fear
Inclusive	Acting: Building Traditions Being: Accepting All of Me, Acknowledging / Allowing Feelings Thinking: Embracing Differences, Respect For Who I Am
Innovative	Acting: Creative Play Being: Elevating Your Feeling State Speaking: Sharing Ideas and Dreams Thinking: Curiosity

Desired Feelings Ways of Loving

Faith	Being: Cultivating Trust Speaking: Words of Encouragement Thinking: Showing Faith & Belief in Me, Working with Fear
Flexible	Acting: Creative Play Speaking: Words of Encouragement Thinking: Freedom / Room to Explore, Respecting Choices & Desires
Focused	Acting: Attentiveness Being: Self-Awareness, Elevating Your Feeling State, Listening From the Heart
Free	Acting: Surprises / Unexpected Gifts Being: Allowing Space or Time Alone, Cultivating Trust Thinking: Freedom/Room to Explore, Respecting Choices & Desires
Fun	Acting: Activating Joy & Fun, Surprises / Unexpected Gifts Speaking: Sharing Stories Touching: Caressing, Cuddling, Hugging, Massage, Non-sexual Touch, Sexual / Sensual Touch
Generous	Acting: Acts of Service, Surprises / Unexpected Gifts Being: Listening From the Heart, Showing Compassion Thinking: Showing Faith & Belief in Me
Gentle	Acting: Gentleness, Kindness Being: Showing Compassion, Gentleness
Gracious	Acting: Acts of Service, Financial Support Being: Cultivating Trust, Patience Thinking: Non-Judgment
Grateful	Speaking: Words of Appreciation Thinking: Gratitude
Grounded	Acting: Building Traditions Being: Attentiveness, Being Present, Self-Awareness Touching: Caressing, Cuddling, Hugging, Kissing, Massage, Non-sexual Touch, Sexual / Sensual Touch
Happy	Acting: Activating Joy & Fun, Surprises / Unexpected Gifts Being: Elevating Your Feeling State Speaking: Sharing Laughter

Desired Feelings Ways of Loving

Inspired	Acting: Creative Play Being: Elevating Your Feeling State Speaking: Sharing Ideas and Dreams Thinking: Curiosity, Respect For Who I Am, Showing Faith & Belief in Me
Integrated	Being: Being Present, Self-Awareness, Wholeness Thinking: Caring for Our Anger, Respect For Who I Am
Intrigued	Being: Attentiveness, Being Present Speaking: Sharing Ideas and Dreams Thinking: Curiosity
Intimate	Acting: Cherishing Through Eye Gazing Being: Attentiveness, Being Present Speaking: Saying I Love You, Verbally Inviting Sexual Intimacy, Written Words of Love Touching: Caressing, Cuddling, Hugging, Sexual / Sensual Touch
Joyful	Acting: Activating Joy & Fun, Surprises / Unexpected Gifts Being: Elevating Your Feeling State Speaking: Sharing Laughter, Written Words of Love Touching: Caressing, Cuddling, Hugging, Kissing, Massage, Non-sexual Touch, Sexual / Sensual Touch
Kind	Acting: Kindness Being: Showing Compassion, Gentleness
Laughter	Acting: Activating Joy & Fun, Surprises / Unexpected Gifts Speaking: Sharing Laughter, Sharing Stories
Lightness	Acting: Activating Joy & Fun, Surprises / Unexpected Gifts Being: Elevating Your Feeling State, Gentleness Thinking: Curiosity, Freedom / Room to Explore
Non-Attachment	Being: Showing Compassion, Surrender Thinking: Non-Judgment, Curiosity, Forgiveness, Respect For Who I Am, Respecting Choices & Desires
Nourished / Nurtured	Acting: Physical Care, Kindness Being: Accepting All of Me, Attentiveness, Cultivating Trust Speaking: Words of Encouragement, Written Words of Love Thinking: Caring for Our Anger, Showing Faith & Belief in Me Touching: Caressing, Cuddling, Holding Me When I'm Hurting, Hugging, Massage, Non-sexual Touch, Sexual / Sensual Touch, Reconnecting with Touch

Desired Feelings Ways of Loving

Open	Acting: Cherishing Through Eye Gazing Being: Gentleness, Surrender, Vulnerability Speaking: Authentic / Honest Communication, Sharing Feelings Thinking: Curiosity, Embracing Differences, Freedom / Room to Explore, Respect For Who I Am, Respecting Choices & Desires
Open-Hearted	Acting: Building Traditions, Kindness Being: Listening From the Heart, Showing Compassion, Vulnerability Speaking: Saying I Love You, Sharing Feelings
Optimistic	Being: Elevating Your Feeling State Speaking: Words of Encouragement Thinking: Showing Faith & Belief in Me, Working with Fear
Patience	Being: Patience Speaking: Words of Encouragement Thinking: Showing Faith & Belief in Me
Passionate	Speaking: Saying I Love You, Sharing Feelings, Verbally Inviting Sexual Intimacy, Written Words of Love Touching: Hugging, Kissing, Sexual / Sensual Touch
Peaceful	Being: Being Present, Holding my Center In Love, Patience Speaking: Apologizing Thinking: Caring for Our Anger, Forgiveness, Working with Fear
Playful	Acting: Activating Joy & Fun, Surprises / Unexpected Gifts Speaking: Sharing Laughter, Sharing Stories Thinking: Curiosity, Freedom / Room to Explore Touching: Caressing, Cuddling, Kissing
Pleasure	Acting: Activating Joy & Fun Speaking: Verbally Inviting Sexual Intimacy Touching: Caressing, Cuddling, Hugging, Kissing, Sexual / Sensual Touch
Positive	Being: Holding Space for Others Speaking: Words of Appreciation Thinking: Gratitude, Showing Faith & Belief in Me
Powerful	Being: Elevating Your Feeling State

Desired Feelings Ways of Loving

Present	Acting: Cherishing Through Eye Gazing Being: Attentiveness, I am Love, Being Present, Listening from the Heart, Self-Awareness
Protected	Acting: Physical Care Being: Cultivating Trust Touching: Holding Hands, Holding Me When I'm Hurting, Hugging
Proud	Speaking: Words of Encouragement, Words of Praise Touching: Public Expressions of Affection
Receptive	Being: Accepting All of Me, Acknowledging / Allowing Feelings Thinking: Curiosity Touching: Holding Me When I'm Hurting, Hugging
Reflective	Being: Acknowledging / Allowing Feelings, Self-Awareness Speaking: Sharing Feelings Thinking: Remembrance
Relaxed	Acting: Activating Joy & Fun Being: Being Present, Cultivating Trust Touching: Caressing, Cuddling, Hugging, Massage, Non-sexual Touch, Sexual / Sensual Touch
Release	Speaking: Sharing Laughter Thinking: Forgiveness Touching: Caressing, Cuddling, Kissing, Sexual / Sensual Touch
Relief	Being: Surrender Speaking: Sharing Laughter Thinking: Working with Fear
Resourceful	Acting: Accountability/Self Responsibility, Financial Support Being: Elevating Your Feeling State
Restored	Being: Cultivating Trust, Wholeness Speaking: Apologizing, Sharing Laughter Touching: Holding Me When I'm Hurting, Massage, Non-sexual Touch, Sexual / Sensual Touch
Respected	Acting: Boundaries Being: Apologizing, Cultivating Trust Speaking: Apologizing. Authentic / Honest Communication, Sharing Feedback with Love Thinking: Embracing Differences, Respect for Who I am, Respecting Choices & Desires Touching: Public Expressions of Affection

Desired Feelings Ways of Loving

Responsible	Acting: Accountability / Self Responsibility Being: Cultivating Trust, Self-Awareness Speaking: Apologizing, Authentic / Honest Communication, Sharing Feedback with Love Thinking: Caring for Our Anger
Safe	Acting: Physical Care Being: Boundaries, Cultivating Trust Thinking: Caring for Our Anger, Working with Fear Touching: Holding Me When I'm Hurting, Hugging
Satisfied	Being: Acknowledging / Allowing Feelings, Wholeness Touching: Caressing, Cuddling, Holding Me When I'm Hurting, Hugging, Massage, Non-sexual Touch, Sexual / Sensual Touch, Reconnecting with Touch
Seen	Being: Allowing Space or Time Alone, Listening From the Heart, Self-Awareness Speaking: Asking for What You Want, Sharing Feelings, Words of Appreciation, Words of Praise Thinking: Caring for Our Anger, Embracing Differences, Remembrance
Sensual	Being: Being Present Speaking: Verbally Inviting Sexual Intimacy Touching: Caressing, Cuddling, Hugging, Kissing, Massage, Non-sexual Touch, Sexual / Sensual Touch
Sexy	Speaking: Verbally Inviting Sexual Intimacy Touching: Kissing, Sexual / Sensual Touch
Soft	Acting: Kindness Being: I am Love, Gentleness, Listening From the Heart, Patience, Vulnerability Thinking: Forgiveness Touching: Caressing, Cuddling, Hugging, Non-Sexual Touch, Sexual / Sensual Touch
Solace	Being: Holding My Center In Love, Holding Space for Others, Listening From the Heart, Vulnerability Thinking: Caring for Our Anger, Working with Fear
Stimulated	Acting: Supporting Learning & Growth Speaking: Verbally Inviting Sexual Intimacy Thinking: Curiosity Touching: Caressing, Cuddling, Hugging, Kissing Non-sexual Touch, Sexual / Sensual Touch

Desired Feelings Ways of Loving

Strong	Acting: Accountability / Self Responsibility Being: Holding Space for Others
Supported	Acting: Acts of Service, Physical Care Being: Allowing Space or Time Alone, Patience Speaking: Words of Encouragement Thinking: Caring for Our Anger, Freedom / Room to Explore, Respect For Who I Am, Respecting Choices & Desires, Showing Faith & Belief in Me Touching: Caressing, Cuddling, Holding Hands, Holding Me When I'm Hurting, Hugging
Surprised	Acting: Activating Joy & Fun, Surprises / Unexpected Gift
Surrender	Being: Surrender Thinking: Freedom / Room to Explore, Forgiveness
Sweet	Acting: Kindness Being: Gentleness, Listening From the Heart Speaking: Words of Appreciation, Written Words of Love Thinking: Gratitude
Tender	Acting: Kindness Being: Gentleness, Listening From the Heart Speaking: Written Words of Love Thinking: Gratitude Touching: Holding Hands, Holding Me When I'm Hurting, Hugging, Kissing, Public Expression of Affection
Transparent	Being: Boundaries Speaking: Asking For What you Want, Authentic Honest Communication, Communicating During Conflict, Sharing Feedback with Love, Sharing Feelings, Verbally Inviting Sexual Intimacy
Solace	Acting: Supporting Learning & Growth Speaking: Verbally Inviting Sexual Intimacy Thinking: Curiosity Touching: Caressing, Cuddling, Hugging, Kissing Non-sexual Touch, Sexual / Sensual Touch
Treasured	Acting: Cherishing Through Eye Gazing Being: Recognizing My Inherent Worth, Gentleness, Listening From the Heart Speaking: Words of Appreciation, Written Words of Love Thinking: Remembrance Touching: Caressing, Cuddling, Holding Hands, Hugging, Kissing, Public Expressions of Affection, Reconnecting with Touch

Desired Feelings Ways of Loving

Trust	Being: Allowing Space or Time Alone, Cultivating Trust Speaking: Communicating During Conflict Thinking: Freedom / Room to Explore, Working with Fear, Respecting Choices & Desires, Showing Faith & Belief in Me, Working with Fear
Understanding	Being: Accepting All of me, Acknowledging / Allowing Feelings, Holding My Center In Love, Listening from the Heart, Patience, Showing Compassion, Self-Awareness Speaking: Asking for What You Want, Authentic / Honest Communication, Reflective Listening, Sharing Feelings, Sharing Stories Thinking: Caring for Our Anger, Curiosity, Embracing Differences, Forgiveness
Unity	Being: Accepting All of Me, Wholeness Speaking: Apologizing, Authentic / Honest Communication Thinking: Non-Judgment, Respecting Choices & Desires
Unquestioned	Being: Allowing Space or Time Alone, Patience, Recognizing My Inherent Worth Speaking: Reflective Listening, Sharing Feelings Thinking: Respect For Who I Am
Valued	Acting: Cherishing Through Eye Gazing Being: Recognizing My Inherent Worth, Boundaries Speaking: Reflective Listening, Words of Appreciation, Written Words of Love, Words of Praise Thinking: Embracing Differences, Gratitude. Remembrance, Respect For Who I Am, Respecting Choices & Desires Touching: Caressing, Cuddling, Holding Hands, Holding Me When I'm Hurting, Hugging, Kissing, Public Expressions of Affection, Reconnecting with Touch
Warmth	Acting: Kindness Being: Acknowledging / Allowing Feelings, Gentleness, Listening From the Heart Speaking: Sharing Laughter, Sharing Stories, Words of Appreciation, Written Words of Love Touching: Caressing, Cuddling, Holding Hands, Holding Me When I'm Hurting, Hugging, Kissing, Massage, Reconnecting with Touch

Desired Feelings Ways of Loving

Whole	Being: Acknowledging / Allowing Feelings, Accepting All of Me, Boundaries, Cultivating Trust, Wholeness, Recognizing My Inherent Worth Thinking: Caring for Our Anger, Embracing Differences, Respect For Who I Am, Respecting Choices & Desires
Witnessed	Acting: Cherishing Through Eye Gazing Being: Acknowledging / Allowing Feelings, Listening From the Heart, Self-Awareness Speaking: Reflective Listening, Sharing Feelings, Sharing Ideas & Dreams, Words of Appreciation, Words of Encouragement, Words of Praise Thinking: Gratitude, Remembrance
Worthy	Being: Accepting All of Me, Cultivating Trust, Patience, Recognizing My Inherent Worth, Wholeness Thinking: Forgiveness, Respect For Who I Am, Respecting Choices & Desires

Step 5: List your most meaningful *Ways of Loving*.

My *Ways of Loving* - final selections:

How can you love yourself more knowing these *Ways*?

List the *Ways of Loving* for those close to you.

Relationship to you

Their *Ways of Loving*