

AM I IN LOVE...WITH ME?

Please complete. Remember there are no right or wrong answers. Only your truth. Add any thoughts that occur to you under each question.

1. Do you acknowledge and love your quirks? Yes..... No..... Can you name any quirks you embrace?

2. Do you focus on your positives or only see your perceived negatives? Yes..... No.....

3. Do you accept yourself for who you are and live authentically as you? Can you let your guard down and show your true self to others? Yes..... No.....

4. When you are experiencing emotional discomfort, do you honor your feelings or attempt to avoid or distract? Honor _____ Distract _____

5. Do you stand up and protect yourself when the circumstances and situation call for it?
Yes ___ No ___ If no, why not?

6. Do you take your happiness into equal consideration (or do you generally acquiesce your needs for others)? Yes ___ No ___ If no, why?

7. How affectionate are you with yourself? Do you think/say kind words to or about yourself? Do you kindly accept genuine compliments from others and/or compliment yourself regularly?
Very ___ Somewhat ___ No ___

AM I IN LOVE....WITH ME? ANSWERS

1. Do you acknowledge and love your quirks?

When you're in love, you think your beloved is unique and love their quirks. You may judge them a bit harshly at first, but as time goes by and the love grows, you begin to see these as the beautiful things that make them special. List three quirks about you that you love.

2. Do you focus on your positives or only see your perceived negatives?

People who are truly in love tend to focus on the positive qualities of their beloved, while overlooking his or her negative traits.

3. Do you accept yourself for who you are and live authentically as you? Can you let your guard down and show your true self to others?

People in love accept their partner for who they are and encourage them to be themselves. Their beloved feels comfortable being who they really are and do not feel the need to be someone else to make them happy.

4. When you are experiencing emotional discomfort, do you honor your feelings or attempt to avoid or distract?

People who are in love generally feel a powerful sense of empathy toward their beloved, honoring the other person's pain and being willing to make sacrifices for the other person. Self-empathy is similar, but it's about really listening to yourself. It's about connecting with what's alive in you, turning your attention inward to see what is going on for you.

5. Do you stand up and protect yourself when the circumstances and situation call for it?

Those who are deeply in love typically experience protective feelings toward their beloved. If they see a situation causing you negative feelings, whether it is a person, situation or anything getting in the way of your happiness, their instinct will be to protect you.

6. Do you take your happiness into equal consideration or do you generally acquiesce your needs for others?

Love is an equal partnership, but you'll find someone's happiness becomes important to you when you're in love. According to research, so-called "compassionate love" can be one of the biggest signs of a healthy relationship.

7. How affectionate are you with yourself? Do you think/say kind words to or about yourself? Do you kindly accept genuine compliments from others and/or compliment yourself regularly?

Showing affection to your beloved beyond having sex, most often accompanies the feelings of being in love. Kind, considerate gestures, including true and genuine compliments are ways for showing one's love. List three ways you are affectionate toward yourself.

REFLECTIONS ON LOVE

1. What did your Circle of Love results reveal to you about where and how love shows up in your life?

2. On a scale of 1 to 10 (1= very little, 10= very much) How much do these various forms of love show up in your life? How would you like it to be?

NOW

WHERE I WANT TO BE

Divine Love:

Self-Love:

Romantic Love:

Family Love:

Friend Love:

Love of Humanity:

Fear of Love:

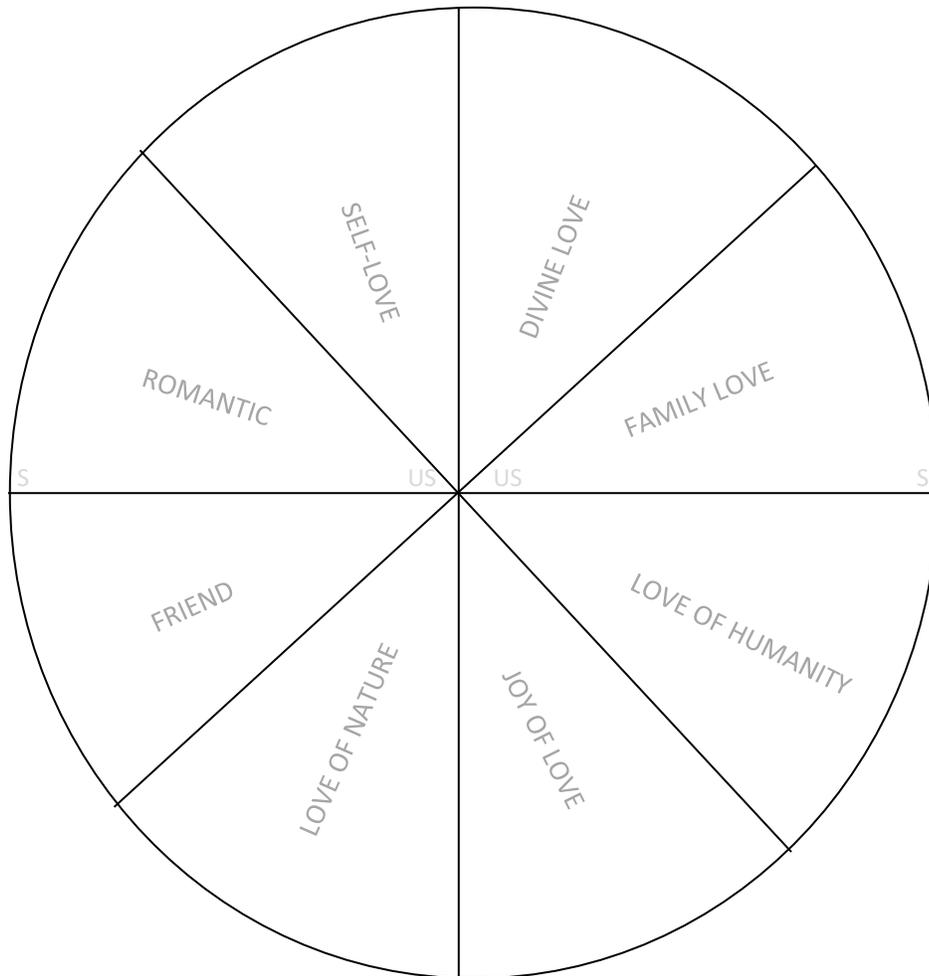
Joy of Love:

Love of Animals:

3. What is your most satisfying area of love right now? Why?

What is the least satisfying area of love right now? Why?

“The search for truth begins as a circle—that truth begins and ends with love. The more you love yourself, the more the circle retains its shape.” So Says the Light

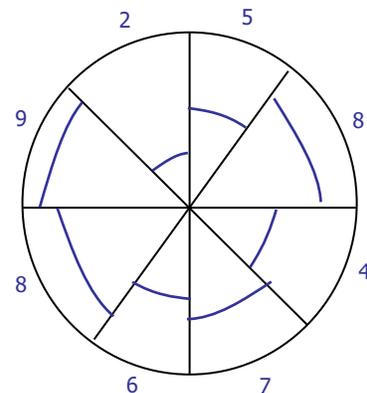


CIRCLE OF LOVE INSTRUCTIONS

The 8 sections in the Circle of Love represent the balance of how love shows up in your life at this moment.

- Taking the center of the wheel as US (unsatisfied) and the outer edge as S (satisfied), rank your **level of satisfaction** with each area by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter represents **your** 'Circle of Love'. Is it a looking more like a circle or spiral?

EXAMPLE



EGO VERSUS SOUL LOVE QUIZ

Please place the appropriate number, either 0,1,2,3 or 4, in the line beside each statement that best describes your agreement or disagreement. Please be as honest as you can, as there are no right or wrong answers. This is simply a peek at where you stand right now.

0= I strongly disagree

1= I disagree

3= I agree

2= I'm neutral

4= I strongly agree

1. I feel joyful and loved most of the time. _____
2. I love my friends like family. _____
3. Quality love is hard to find. _____
4. I'm grateful for every relationship I've been in, even the bad ones. _____
5. Saying "I love you," is important. _____
6. Love makes the world go 'round. _____
7. I can be jealous, but only because I love my partner. _____
8. It's important to stay friendly with old lovers. _____
9. Sometimes it's easier to be alone than to get hurt again. _____
10. I am as happy out of a relationship as I am in a relationship. _____

Scoring: Questions 2,5,6, and 8 are 'fillers' and not used as part of the scoring so put a line through them. Questions 3,7, and 9 are reversed scored, so you need to alter the scoring as follows: 0 becomes 4, 1 becomes 3, 2 stays 2, 3 becomes 1, 4 becomes 0. Once you have made these alterations, count up your total points. The maximum score is 24. The closer you are to 24 the more your inclination is toward soul love.

Your score: ____/24

This is my original revision of the LOT (Life Orientation Test) created by M.F. Scheier and C.S. Carver, 1992

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REFLECTIONS – EGO VERSUS SOUL LOVE

1. What did your quiz score tell you about yourself and the way you love?

2. What is *your* definition of love?

3. What about the CAA's explanation of love resonated with you the most? Does it differ from your definition? If so, how?

4. On a scale of 1 to 10 (1=very little, 10=very much), how much is finding love for you about filling a gap? How much is about celebrating and sharing complete love?

GAP: _____

SHARING: _____

What does this tell you?

5. Take a minute to sit quietly and reflect on the question: What about love frightens you? How does that fear show up and impact your relationships?

FAKE IT TIL YOU MAKE IT (FITYMI) STRATEGIES

Get started boosting your love of self. We all need some FITYMI strategies to bridge the gap between where we are and where we're growing to. The key is that FITYMI is a strategy NOT a lifestyle.

1. **Stop the Negative Thoughts Before They Start.** Cut off the negative thinking before it can spiral out of control and become the soundtrack of your life. Think of one word or short phrase that you can repeat when the negative thinking begins to stop it cold, and then follow it up with a positive, affirming thought. Pick words that resonate with your heart center and feel like your truth. Remember what your goal is: to retrain your subconscious to replace the negative and believe the positive.
2. **Pick your 'signature' song:** What's your fight song? The one that makes you stand taller, smile broader, reminds you of the amazing person you are and brings out the confident you? Listen to it while you're getting dressed, walking, commuting or exercising. Use to pump yourself up before a big date or event. Use your theme song to inspire your attitude and lift your spirits when your confidence sags. Be sure it's a song that is reflective of the person you are becoming, NOT one that feeds the fighter, survivor, or negative emotions.
3. **See Yourself Through Others.** They may be someone you have an innocent crush on, or someone you refer to as the "bitch" on days when you are feeling less than charitable. Or they might just be a stranger you notice in passing and can't keep your eyes off. Whoever they may be, begin to pay attention to the attributes of WOW in others that capture your attention and awe. It's important to understand that the attributes you admire (and maybe envy just a bit) are most often the same hidden assets that you possess but have yet to acknowledge and let surface. So look, listen, and learn about yourself through those around you.
4. **Do Some Sensuous Living.** To live sensuously is to be actively aware of everything you see, smell, touch, hear and taste. And when you live through your five senses, you live in the moment. Why is this important? Because when you are in the moment, you are not worrying about the past or the future; your awareness of the beauty that surrounds you is intensified, which raises your level of appreciation and gratitude. This new appreciation ultimately causes an attitude change and bearing on how you perceive life, love and yes, even sex. But wait, there's more! Paying attention to your sensory preferences can tell you a lot about who you are at your authentic core. When you connect the dots between what you like it can tell you a lot about who you are. The more you can define yourself for yourself, the less likely you are to allow others to define you, which can cause a whole slew of self-esteem and confidence issues.
5. **Spread the Love.** Gift everyone you encounter with a smile, compliment or act of kindness. No agenda, no judgment, just love. They don't even have to know it. I often walk the streets and simply silently wish everyone love and peace of soul. This is simple sharing love of loving energy fill you up with love in the most rewarding way. Love begets love, self, Divine and otherwise. You'll also feel happier, more peaceful, and great about yourself.