

Love Is The Answer

The following passages and Love Life Audit Checklist 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.

Love Life Audit: How Much Love do you have in your Life?

*“Love many things, for therein lies the true strength,
... and what is done in love is done well”*
Vincent Van Gogh, Dutch Artist

Love Life Audit

Your Love Life Audit is unique to you; there is no ‘correct’ profile. It’s a reflection of your circumstances and the people you currently have in your life. If you were to complete your Love Life Audit again in a year’s time, you might find that the picture that emerges will be different from what’s happening for you in your life right now.

Before you begin to complete your Love Life Audit let’s review each of the 10 different Love Types just to remind you of their key elements and characteristics:

1. **Universal Love.** The generosity of spirit to Love all people equally, accepting them and forgiving them unconditionally.
2. **Love 2.0.** Moments of positive connection and resonance between you and someone else, or an animal.
3. **Romantic Love.** Physical, sexual attraction and loving feelings towards someone, which are more than lust.
4. **Familial Love.** The love between family members, which is usually stronger the closer the blood-line connection.
5. **Friendship Love.** Non-sexual love between two people who are not familiarly related.
6. **Playful Love.** Playing and experiencing fun or laughter, alone, with someone, something or with an animal.
7. **Self-Love.** Healthy self-regard, self-understanding, compassion, kindness and respect towards yourself.
8. **Material Love.** Passion for your possessions or material things, which bring you joy when you are around them.
9. **Pragmatic Love.** Practical, mature and enduring Love within a long-term, committed relationship.
10. **Love of Nature.** A passion for, and commitment to, the environment and the natural world.

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Using a scale of 1 – 10, where 1 – 3 is Quite Low, 4 – 7 is Moderate and 8 – 10 is Quite High, complete the grid for your Love Life Audit below using the following 4 steps:

Step 1 - Identify your *current* score for the amount of Love for each of the 10 types that you *currently* have in your life. Use your intuition and you will find that you will know what your score is.

Step 2 - Estimate what your *ideal* score would be for each type. Again, allow your intuition to guide you.

Step 3 - Calculate the gap between your two scores for each Love Type on each of the horizontal lines. You may have a positive gap, a negative gap, or no gap at all where your two scores are equal.

Step 4 – Add up your overall summary scores.

Love Life Audit

	Love Type	Current score	Ideal score	Gap +/-
1	Universal Love			
2	Love 2.0			
3	Romantic Love			
4	Familial Love			
5	Friendship Love			
6	Playful Love			
7	Self-Love			
8	Material Love			
9	Love of Nature			
10	Pragmatic Love			
	Summary Totals			

Key

1 – 3 Quite Low
4 – 7 Moderate
8 – 10 Quite High

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In an ideal world, your current and ideal scores will be the same, meaning that your 'gap' for each of the 10 different Love Types will be zero. If this is the case then you are very fortunate. Most people will calculate either a positive or a negative score against at least some of the 10 Love Types.

Remember that these are *your* personal scores, no-one else's! And there are no right or wrong estimations. In the book, we spend some time exploring what you might like to do about any gaps you have identified and how you can bring more, (or less), of each different kind of Love into your life.

Reviewing Your Love Life Audit

Step 1 – Identify the significant gaps. Using your Audit grid, go through each Love Type quickly and where you have a gap of 3 or more, (either positively or negatively), put a little star beside it. This will assist you later when we begin to look for any patterns in your profile.

Step 2 – Identify and understand the reasons for your significant gaps. This is probably going to take some time, and you may have some personal insights as you work each line through. Jot your insights down and capture your thoughts because they will be important. Go through each Love Type in turn and write down what you think the reasons are for any gaps you might have. This will give you clues as to what you're not entirely happy about in your Love Life and, therefore, what you might want to consider paying more attention to, and possibly changing in the future.

Step 3 – Look for any patterns in your Love Life Audit. It's quite likely that if you have scored yourself -3 or more in your gaps, that these will somehow be related to at least one other Love Type. Recognising any patterns in your profile gives you more opportunity to do something about them, as by making any changes in one area, you will influence the others and make an impact on those too.

Step 4 – Identify some specific actions. Using those thoughts you jotted down in step 2, and going through each Love Type separately again, write down some specific things that you could do, or even better, would like to do, to reduce the size of any gaps you might have. If you can't think of anything, chapter 5 of the book explores specifically how you can bring more, or less, of each of the Love types into your life should you choose to do so.

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.