

**GIVING &
RECEIVING LOVE**

You have an affectionate nature and are thoughtful in your behaviour towards those close to you.

You allow yourself to be vulnerable and open to intimate sharing and caring.

You value receiving attention and are not afraid to commit yourself to deep sharing with another person as you appreciate love in all its aspects.

More info on Giving & Receiving Love! www.viacharacter.org

What are the signs of being a caring person?

What work might suit someone who is not afraid to caring and vulnerable to love?

What advantage is there in caring and showing love for another person?

Make a plan to give and receive love!

I'd love to be more loving/caring/affectionate in the following situation:

This would help me to be more loving (e.g. get to know someone better, have empathy):

When and where I'll show more care for another person:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.