

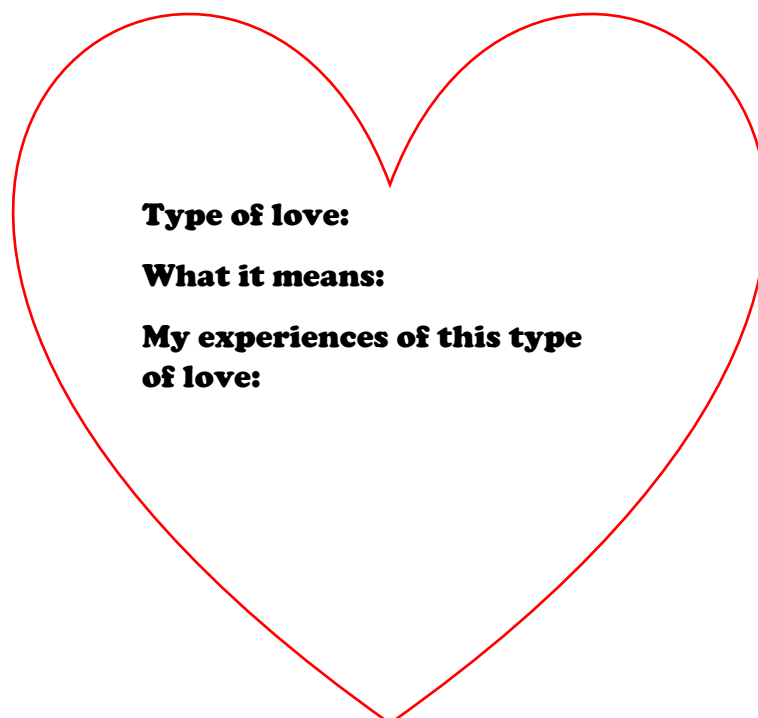
# Different types of love

When we think of love we often think of passionate, romantic love. This type of love is portrayed throughout popular culture in films, television programmes, music, social media and advertising. These romantic ideals can be hard to live up to<sup>1</sup>, which can have a negative impact on our wellbeing.

Romantic love is only one type of love – this activity aims to help you learn about all the other forms love takes and identify the multiple ways you love and are loved.

The ancient Greeks had over 30 different words to describe love in all its forms<sup>2</sup>. One such word is ‘Philia’ the love we have for people with whom we share experiences and goals. This may be your team mates in a netball or football club, soldiers in the same army regiment or even your co-workers.

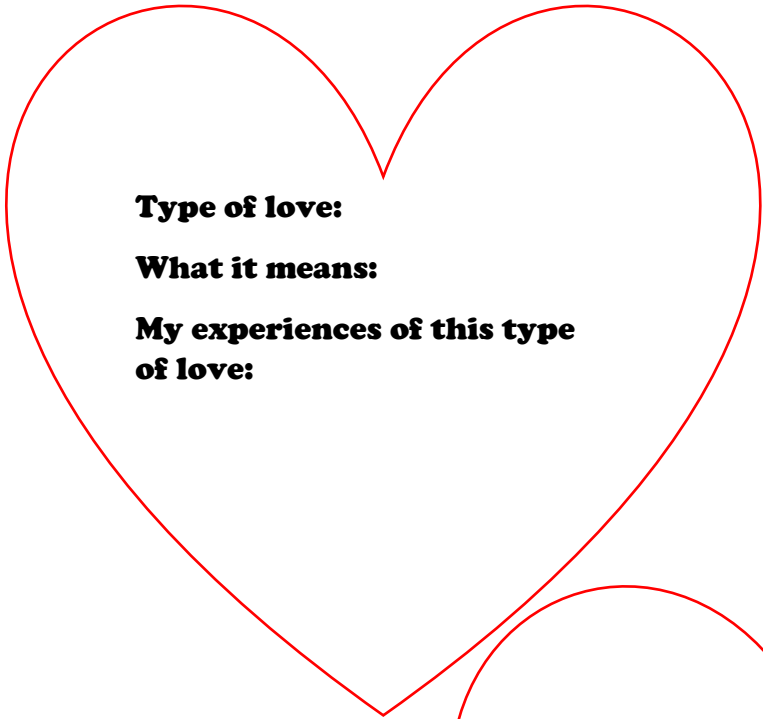
Spend 15 minutes learning about different types of love and fill in the hearts below with what you discover. Also use this time to note your experiences of these multiple forms of love – write outside of the shapes if you run out of space. You can keep this worksheet as a reminder of all the different ways you are loved.



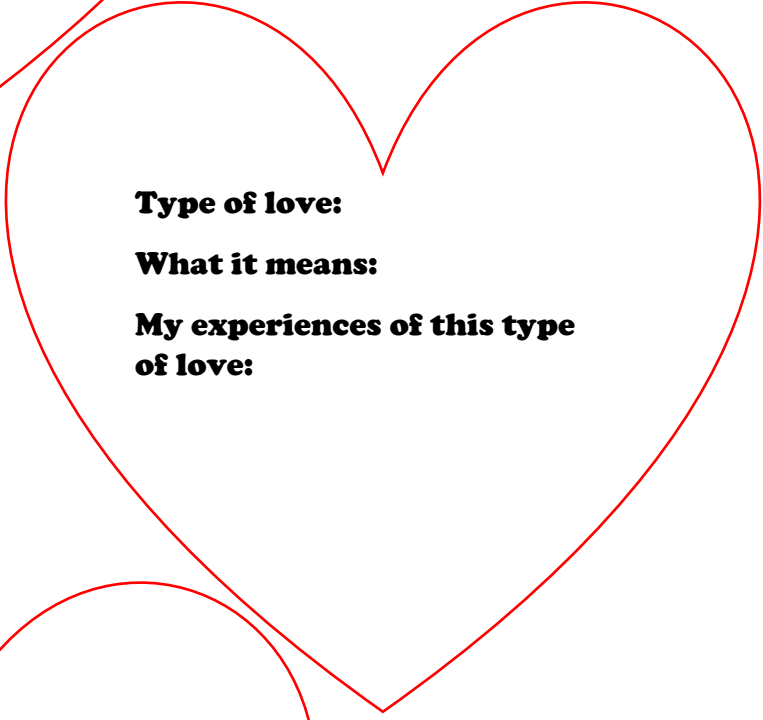
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<sup>1</sup> Mind, 2013

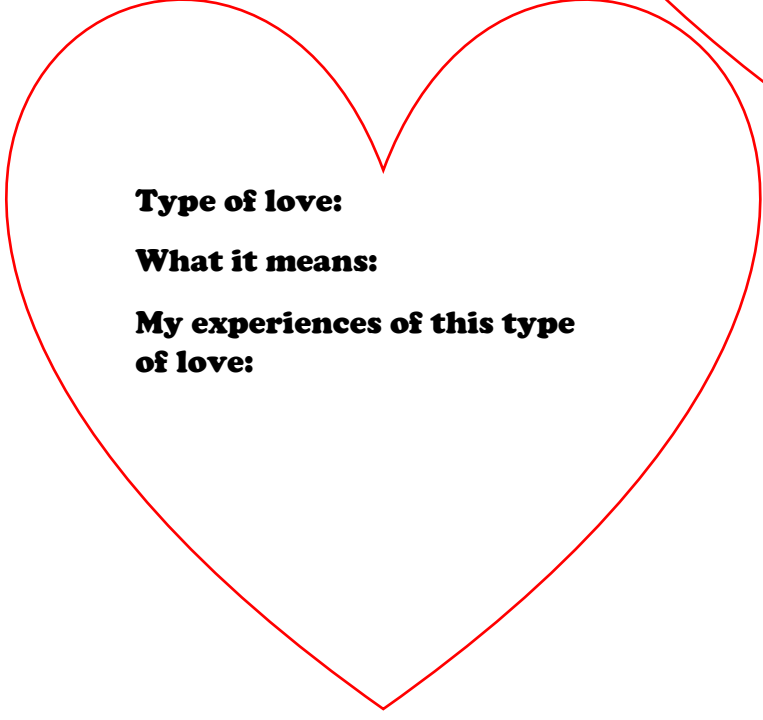
<sup>2</sup> Mental Health Foundation, 2016



**Type of love:**  
**What it means:**  
**My experiences of this type of love:**



**Type of love:**  
**What it means:**  
**My experiences of this type of love:**



**Type of love:**  
**What it means:**  
**My experiences of this type of love:**