

# BeHappyforLife.net

## ***Practice Happiness by Loving Others***

### ***The Be Happy for Life Love Game***

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Two or more players of any age can play **THE BE HAPPY FOR LIFE LOVE GAME** (2-8 players is optimal). Play time should be determined by participants.

Print sheets and cut along dashes. Stack cards and place them upside down on table. One player draws a card from the deck, reads it aloud, and responds. Other player(s) remain silent during this time. After responding, player #1 can ask other players to respond or to answer the same question. Open discussion is encouraged. Afterwards, player on the left draws a card. Game continues in same manner until pre-determined time is up. For added fun, add own questions.

**THE BE HAPPY FOR LIFE LOVE GAME** is noncompetitive. Everyone is a winner as they spend quality time with others in sharing, listening, and thinking about the role and importance of love in their lives. **THE BE HAPPY FOR LIFE LOVE GAME** encourages openness, self-reflection, and deepened insight about the significance of love in one's life.

\* \* \*

**Think about the people you love. What is different in the way you love each one of them?**

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**If you had to make a list of the people you love, who would on that list?**

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**Which type of love is most dominant in your life and relationships (eros, phileo, or agape love)?**

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**If you had to define love, how would you describe it?**

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**List 2 different ways to say or express "I love you." (Note: It doesn't have to be in words only.)**

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**Explain what self-esteem means to you and how you think it relates to loving others.**

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**How can a low self-esteem make it difficult to receive love and to love others?**

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**Would others describe you as understanding and tolerant? Why or why not?**

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**What tests your patience more than anything else? How do you usually respond?**

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**On a scale of 0 to 10, with 10 being “completely” and 0 being “not at all” how would you rate your overall level of patience?**

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**Is there someone in your life that you need to be more patient with? What can you do differently?**

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**Would you describe yourself as a kind person? Why or why not?**

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**Describe a time when someone generously gave you their time and/or resources. How did it make you feel?**

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**Tell of an act of kindness in which you showed someone you loved them.**

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**What do you most enjoy about giving?**

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**Do you believe all people should be respected? Do you think they need to earn respect? Explain.**

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**Do you think it's always necessary to consider others' feelings and needs when making a decision that affects them? Why or why not?**

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**Who do you feel is especially thoughtful towards you? How does that make you feel?**

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**Would others describe you as thoughtful and courteous? Why or why not?**

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**What percentage of your time do spend thinking about yourself (what you want, think, or feel)? What percentage is focused on others?**

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**What are you most afraid of losing? How have you tried to guard it?**

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**In what areas of your life are you most satisfied? Dissatisfied ?**

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**What types of qualities in others do you wish you had?**

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**Why do jealousy and envy cause resentment of others?**

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**Describe a time when another's success made you feel happy for them? Jealous? Envious?**

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**How do envy and jealousy keep people from loving others?**

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**When do you feel most content with your life? Discontent?**

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**When do you feel most secure in yourself? Insecure?**

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**What happens when people compare themselves with others?**

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**What does it really mean to be humble?**

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**Do you know anyone who communicates their love through humility? Give examples.**

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**What do you most respect and admire in people who are humble?**

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**What comes to mind when you think of someone who is overly demanding?**

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**What do you do to get your way?**

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**Has anyone ever described you as controlling or bossy? Explain.**

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**How do you react when someone crosses your boundaries?**

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**What does it mean to be “selfless”?**

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**In what ways are you “selfless”?**

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**What do you do when you are under more pressure than you feel you can handle?**

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**On a scale of 0 to 10, with 10 being severe and 0 being nonexistent, how would you rate your temper? How would those closest to you rate it?**

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**Why is forgiveness important to our relationships and life?**

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**What makes forgiving someone who wronged you most difficult?**

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**Did you ever want to be forgiven for something you said or did and weren't? How did that affect you?**

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**Do you expect others to forgive you when you hurt them?**

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**How do you know when you are loved sincerely and genuinely?**

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**Can love be true without honesty? Why or why not?**

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**What motivates you most to say and do the things you do for others?**

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**Think about people you would describe as sincere. Does their sincerity enable you to trust them more? Why or why not?**

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**[Add your own questions]**