

# BeHappyforLife.net

## Practice Happiness...by Loving Others 10 Powerful Ways to Communicate & Experience Love

The purpose of this worksheet is to reinforce the principles of love taught in *Practice Happiness by Loving Others: 10 Powerful Ways to Communicate and Experience Love* ([BeHappyforLife.net](http://BeHappyforLife.net)). It is designed to help you deepen your understanding of love and improve the way you communicate love that will enhance your overall experience of love in your life.

This worksheet is divided into three sections: Section A is a review. You will be asked questions that correspond with Part Eight: *Love is not Demanding*. They will be in a question and answer format. Once you have finished, you can check your answers with the *Worksheets Answer Key* at [BeHappyforLife.net](http://BeHappyforLife.net). Section B is the journal of reflection. These questions are from the reflection section of *Love is Not Demanding*. Here you will be provided with space to record your thoughts and answers. Section C closes with the empowering thought and affirmation that will reinforce the key principle of *Love is not Demanding*.

Allow yourself the necessary time to develop a thorough understanding of the material presented in each section. You might want to go through one section per week or however long it takes until you can incorporate the principles taught into your daily life. As you work through this material, you will find that you will be more conscious of the way love is communicated to you and by you. And you will also develop a greater understanding of how to be more effective in your demonstration and expression of love. This process will take time, but it is an experience that will forever improve your life and relationships.

© 2006 BeHappyforLife.net. All Rights Reserved.

You have permission to use and distribute this worksheet for free. No portion of this worksheet can be edited in any way and/or sold as an individual product. The author and copyright information must not be removed and must be displayed on all pages. To the fullest extent permitted by applicable law, BeHappyforLife.net makes no representations or warranties of any kind, express or implied, regarding the use or the results of this worksheet in terms of its correctness, accuracy, reliability, or otherwise.

Provided to you by: [BeHappyforLife.net](http://BeHappyforLife.net)

Part Eight:

**Love is not Demanding**

Section A: Review

1. Disregarding the rights of others or how they are treated indicates \_\_\_\_\_.

2. What are overly demanding people most concerned with?

---

---

3. What might demanding people use in order to get their way?

---

---

4. The less control a demanding person feels, the more \_\_\_\_\_ they become.

5. What does love require that we give people?

---

---

6. In what way is love the opposite of being overly demanding?

---

---

7. What does selflessness find true contentment in?

---

---

8. What leads us to disregard the needs of others?

---

---

9. Selflessness respects others' \_\_\_\_\_ and loves them regardless of whether or not you \_\_\_\_\_.

## Section B: Journal of Reflection

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

---

---

---

2. What do you do to get your way?

---

---

---

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

---

---

---

4. Do you respect others' boundaries? Explain.

---

---

---

5. How do you react when someone crosses your boundaries?

---

---

---

6. What does it mean to be "selfless"?

---

---

---

---

7. In what ways are you selfless?

---

---

---

---

