



## 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 Nine: *Love is not Easily Angered*. 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 Easily Angered*. 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 Easily Angered*.

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 Nine:

*Love is not Easily Angered*

Section A: Review

1. What kinds of things does anger lead us to do sometimes?

---

---

---

2. When is irritability most likely to occur?

---

---

3. What indicates that we are exercising self-control when we are under pressure?

---

---

4. What is the best way to keep from acting out in unloving ways when irritated and angry?

---

---

5. We demonstrate self-control when we think things through before we \_\_\_\_\_.

6. The disposition of love is \_\_\_\_\_ and a good temper.

7. We may not be able to control stressors and pressures in our lives, but what do we have control over?

---

---

## Section B: Journal of Reflection

1. What makes me most irritable?

---

---

---

2. What do I do when I am under more pressure than I feel I can handle?

---

---

---

3. How do I treat others when I am irritated?

---

---

---

4. Do I have to have the last word? Explain.

---

---

---

5. On a scale of 0 to 10 with 10 being severe and 0 being nonexistent, how would I rate my temper?

---

---

6. How would those closest to me rate my temper?

---

---

---

7. Review the list of how self-control communicates love. Which one(s) do I do often? Which one(s) do I need more work on?

---

---

---

---

