

PHILIA

AFFECTIONATE LOVE

A love that runs deep in true friendships.

LOVE CATALYST Mind

WAYS TO SHOW THIS LOVE

Exchange your beliefs and imperfections with close friends.



PRAGMA

ENDURING LOVE

Mature love that develops over time.

LOVE CATALYST Subconscious

WAYS TO SHOW THIS LOVE

Put effort into long-term and reciprocative relationships.



STORGE



FAMILIAR LOVE

Flows between parents and children or childhood friends.

LOVE CATALYST Memories

WAYS TO SHOW THIS LOVE

Show gratitude towards the people close to you.

EROS

ROMANTIC LOVE

Personal infatuation and physical pleasure.

LOVE CATALYST Body

WAYS TO SHOW THIS LOVE

Engage in physical touch such as hugging or kissing.



LUDUS



PLAYFUL LOVE

Flirting and beginning stages of intimate love.

LOVE CATALYST Emotion

WAYS TO SHOW THIS LOVE

Express a flirtatious interest in who you admire.

— MANIA

OBSESSIVE LOVE

Obsessiveness or madness over a love partner.

LOVE CATALYST Survival

HOW TO AVOID THIS LOVE

Focus on yourself more versus another person.



PHILAUTIA



SELF LOVE

Having a healthy “self-compassion” love towards one’s self.

LOVE CATALYST Soul

WAYS TO SHOW THIS LOVE

Respect, accept and appreciate yourself.

— AGAPE —

SELFLESS LOVE

An empathetic attitude of love for everyone and anyone.

LOVE CATALYST Spirit

WAYS TO SHOW THIS LOVE

Express unconditional love in any situation.



FRIENDSHIP



PHILIA

AFFECTIONATE LOVE

Converse in deep conversation.



STORGE

FAMILIAR LOVE

Reflect on a fond memory with a friend.



PHILAUTIA

SELF LOVE

Create friendships that build you up.

SIGNIFICANT OTHER



PRAGMA

ENDURING LOVE

Work together with your partner.



EROS

ROMANTIC LOVE

Set aside time for you & your partner.



LUDUS

PLAYFUL LOVE

Keep your love exciting with humor & flirting.

FAMILY



STORGE

FAMILIAR LOVE

Offer unconditional love & forgiveness.



AGAPE

SELFLESS LOVE

At times, put your personal needs second.



PHILIA

AFFECTIONATE LOVE

Stay open & trust those close to you.