



Loving and Being Loved

Discover how to grow in giving and receiving love

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Develop your emotional and relational capacities.
- Analyze in depth what it is to love.
- Identify ways to manage your emotional and relational difficulties.
- Discover reference points to gradually achieve greater maturity.

WORKSHOP OUTLINE

- *Part 1 – Loving and being loved*
 - Loving and being loved
 - A few phenomena that are symptoms of the “excessive need” to be loved
- *Part 2 – What is it to love?*
 - What is it to love?
- *Part 3 – Conditions for emotional growth*
 - The six rails of emotional growth
- *Action plan and final review*

WORKSHOP PROCESS

This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

CONDITIONS FOR PARTICIPATION

It is recommended that you have taken at least the *Who Am I?* workshop. This workshop is open to all adults. It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.