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Dimensions of Love: Sorting Ideas

1. VULNERABILITY/OPENNESS

1. Differentiation and Fusion
2. Helping as a compulsive act
3. Brain vs. body
4. Selfishness
5. Loving oneself
6. Tipping points

2. UNCONDITIONAL POS. REG F. SELF

7. Shame and guilt
8. Story characters are aspects of every psyche
9. Duty/doing the right thing
10. Punishment and consequences
11. Openness toward self=openness toward others

3. The prodigal son

12. Accepting the role of care-taker
13. Doing good for others feels good
14. Wanting love
15. Fusion as a goal
16. Helping others can be risky

4. The good Samaritan

17. Finding love
18. Being open/becoming open
19. Love is volitional
20. Love is a feeling
21. Empathy
22. Sympathy
23. Compassion