



THE

**L.O.V.E.**

A P P R O A C H

# THE L STEP: LISTEN AND LEARN

## **SELF WHEEL & POINTERS**



- Feelings are physical. For example, a quicker heartbeat may accompany a feeling of fear or anxiety.
- Feelings and Thoughts are sometimes confused. "I feel that . . ." is really a Thought, not a Feeling.
- Feelings are neither right nor wrong, but an action based on feelings may be right or wrong.
- Thoughts and Beliefs may be correct or incorrect, and sometimes they need clarification.
- Feelings influence Thoughts, Beliefs, and Wants, and Thoughts, Beliefs, and Wants influence Feelings.
- Values and Beliefs (what we hold most dear) are often not easily expressed.
- Wants may be the area most difficult to share (it makes us most vulnerable, especially in personal relationships).