



# LOVE

VIA Survey calls this strength Love

**Parent virtue: Humanity.** Strengths of humanity involve caring interpersonal relationships with others, particularly in one-to-one relationships. Strengths comprised in this virtue are love, kindness, and social intelligence.



## WHAT DOES LOVE MEAN?

**You value close relationships with others and being close to people.**

The character strength of love represents the way we think, feel, and behave towards the people with whom we have close relationships. When one person loves another person, that person: comforts and makes the other feel safe; sacrifices on the other's behalf; supports the other during struggles; and places the other's needs ahead of his/her own. If you love a person, that person makes you feel safe and secure. You can be yourself with that person. You miss that person when he/she is not around.

Positive psychology looks at love as reciprocal, not one-sided. That means crushes, stalking, and celebrity worship do not fall into this strength. What is contained in this strength are: romantic love and friendship; love between parents and children; and emotional bonds between family members, friends, mentors, teammates, or coworkers.

## WHY DOES IT MATTER?

Love is imperative to an individual's happiness and fulfillment in life. Love allows us to be intimate with another person. It allows us to open up to another person and be vulnerable. That openness gives us the ability to learn and grow. Loving another person and sacrificing on his/her behalf produces positive emotions. And, it helps you access strengths – and feelings – you never knew you had.

On a group level, love is vital for the well being of society. The world is endlessly interconnected. We are all dependent upon each other for survival and happiness. Love produces positive feelings, which help negate loneliness, anxiety, and depression. Without love, we cannot find intimacy nor form strong relationships with our families, friends, or communities. A world without love and connection is a dangerous world.

**Individuals with this strength might be described as:**

- Devoted
- Dedicated
- Committed
- Loyal
- Steadfast
- Supportive

**Individuals with this strength are likely to think, feel, or behave in the following ways:**

- There is someone I trust to support me when I struggle.
- There is someone that I would do or sacrifice almost anything for.
- There is someone with whom I can be myself.
- There is someone whose happiness matters to me just as much, or more, than my own.
- There is someone whom I hate to be away from for a long time.
- Being very close to one or more people is highly important me.

## QUOTES ON LOVE

*"Love has nothing to do with what you are expecting to get – only what you are expecting to give – which is everything."*

**-KATHARINE HEPBRUN**

*"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope."*

**-MAYA ANGELOU**

*"Think of love as a state of grace; not the means to anything but the alpha and omega, an end in itself."*

**-GABRIEL GARCIA MARQUEZ**

*"7x7 + love = An amount Infinitely above 7x7 - love."*

**-LANGSTON HUGHES**