

# HUMAN LOVE SUPPLIES AND THEIR SUBSTITUTES

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 from "How I got This Way and What to do About it,"

REAL SELF — GIVES AND GROWS

NEGATIVE, FALSE, SURVIVAL, SELF

***GENUINE LOVE SUPPLIES***

***LOVE SUBSTITUTES***

(mostly giving)

(mostly taking)

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|----|--|--|--|
| 1. | <b>Empathy</b><br>Listening, understanding, say back their feelings in your own words, or "uh huh," "I see." Put yourself in their place - see through their eyes, honor feelings. (Don't steal turns).                      | 1N. Fake or inaccurate empathy, agreeing <u>or</u> stealing turns, interrupting, nonlistening defensiveness, comebacks, "what ifs," and "yeah buts." Dishonor feelings, looking for evidence against what is said, argues,             |  |
| 2. | <b>Verbal affection</b><br>Praise internals, reassurance, appreciation, encouragement, "I love you", questions to show interest and concerns and any body language showing "I like you", genuine courtesy.                   | 2N. Praise performance and appearance only, pleasing flattery <u>or</u> criticism, faultfinding, corrections, disagree, rebels, argue, tease, yell, scream "word rape," silent treatment, closed up, I'm sorry.                        |  |
| 3. | <b>Physical affection</b><br>Non-sexual touching that gives, not takes: hugs, pats, holding rocking, cuddling, snuggling, hand holding, skin contact, nursing infants.   | 3N. Touch to get and to take, duty hugs, sexual touching <u>or</u> cold distant, reserved, no physical affection. Overuse of food, sex, drugs, violence.   |  |
| 4. | <b>Trust</b><br>Space, try it alone, "I trust you to try it again," "I trust you to learn from your mistakes." It's ok to be alone, to be on your own, to learn your own adequacy. I know you are a good person and capable. | 4N. Over trust, neglect, distrust, suspicion, overprotect. No space or aloneness allowed. Constant concern and surveillance, space becomes escape and withdrawal, apathy, passive rebellion.   |  |
| 5. | <b>Explaining</b><br>Timely advice and guidance, teach, instruct, solutions, answers, questions, and finishing sentences to gain insight. (usually best <u>only</u> when asked for).   | 5N. Put-downs, sarcasm hostile belittling, advice, boast, questions that complain, embarrass, humiliate, superiority lectures, one-up, correct-all, <u>or</u> silence, neglect, shy, no guidance, don't know," you are stupid to ask." |  |
| 6. | <b>Assertiveness</b><br>Strict kindly discipline, setting limits, rules and consequences, firmness and clarity, loyal adherence to personal standards and values, openness, not in charge of other's feelings.               | 6N. Hostile assertiveness, meanness, domineering, rude, harsh, threatening <u>or</u> nonassertive, pleaser, doormat, weak, permissive, inconsistent, ambivalent, neglectful.   |  |