

SELF-LOVE (PHILAUTIA)

Involves self-care, self-respect, confidence, and healthy self-esteem. It is important to love oneself in order to be able to love others.

ROMANTIC LOVE (EROS)

Passionate and romantic. This type of love is characterized by intense physical attraction and sexual desire.

PLAYFUL LOVE (LUDUS)

Playful and flirtatious. It is often characterized by the excitement and thrill of a new relationship, but it can also be present in long-term relationships.

FRIENDSHIP LOVE (PHILIA)

Exists between friends who have a deep and mutual understanding with each other. Based on a strong bond of trust, respect, and shared experiences.

THE 7 TYPES OF LOVE

PRACTICAL LOVE (PRAGMA)

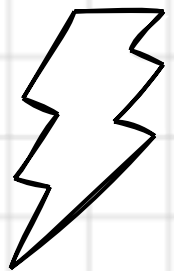
Based on practicality and reason. It is a companionate love. In personal relationships it's a mature and long-lasting love that develops over time. It exists in long term marriages.

LOVE OF FAMILY (STORGE)

Often seen between parents and children and between siblings, like brotherly love. Characterized by a deep sense of commitment and loyalty.

PERFECT LOVE (AGAPE)

The purest form of love that exists. Divine love, and the love God has for humanity. Selfless, unconditional, and sacrificial, and it is not based on any kind of personal gain.



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