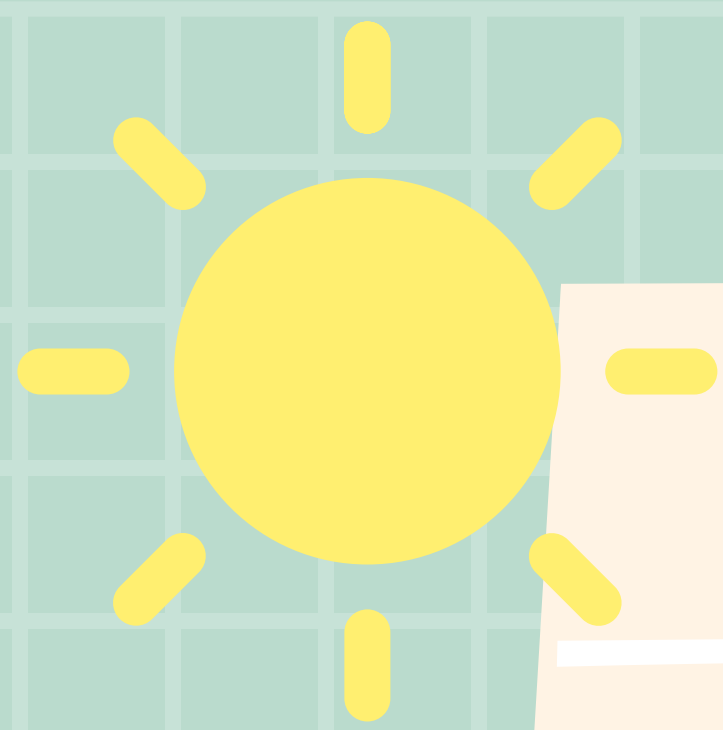
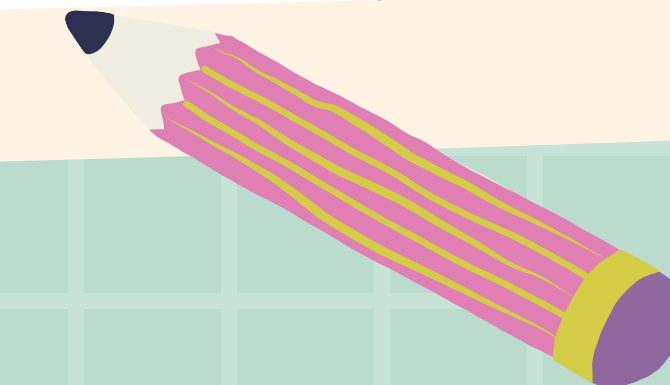


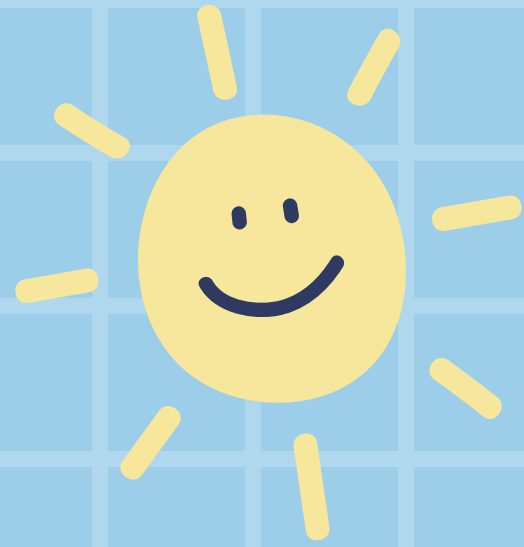


Lessons for Families Learning Unconditional Love

By Jacque Sorenson, HHC

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In family
learning time,
we take turns
listening, talking
and teaching.



What We'll Learn:

Stories

Tell and act out stories from
the Real Love books!

About Thinking Errors

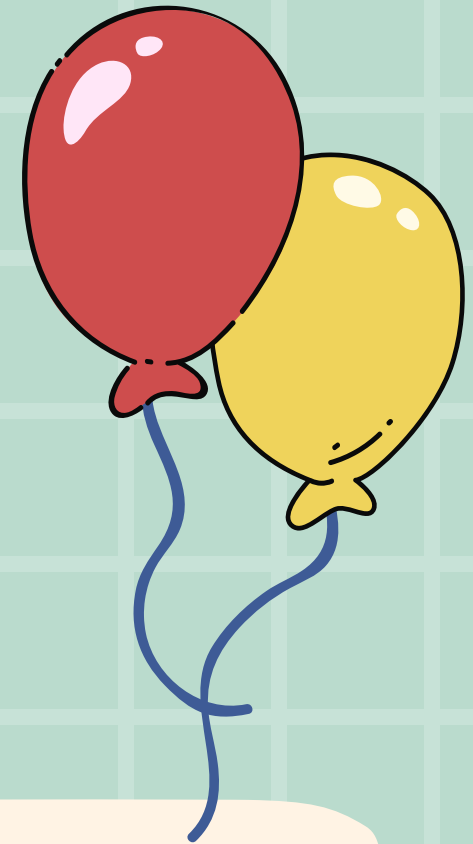
How we make love conditional and what we
sometimes mistake for love!

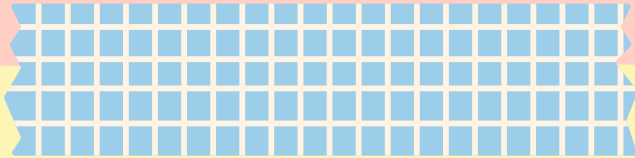
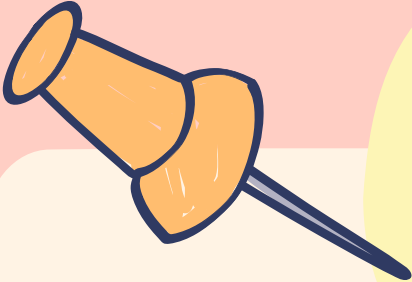
Telling The Truth When We Are Unloving!

Identify how we behave badly
and what to do about it!

What About Anger?

What can we do to come
back to ourselves?





Lesson 1: Everyone needs to feel loved.

When we know we're loved, we are
strong and happy and loving.

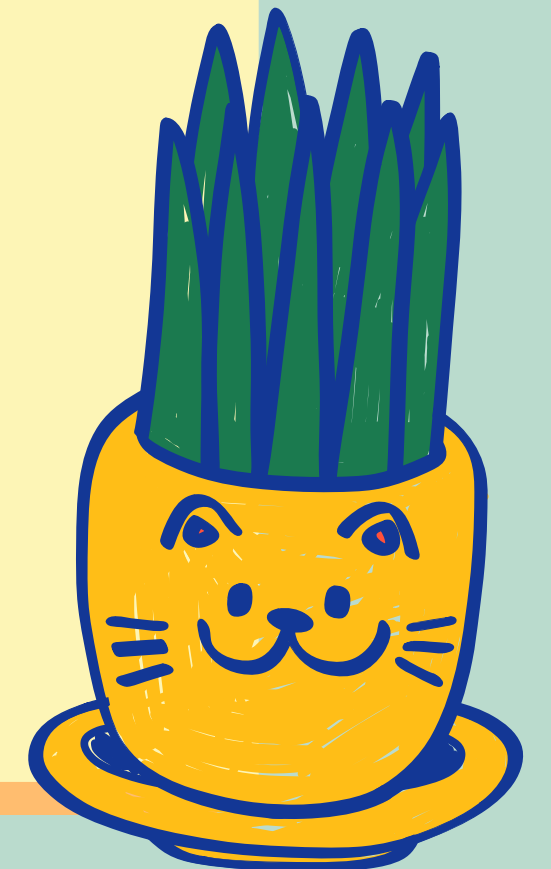
There isn't anything more important in our family than feeling
loved and learning to be loving and responsible.





Lesson 2: Showing love is often inconvenient.

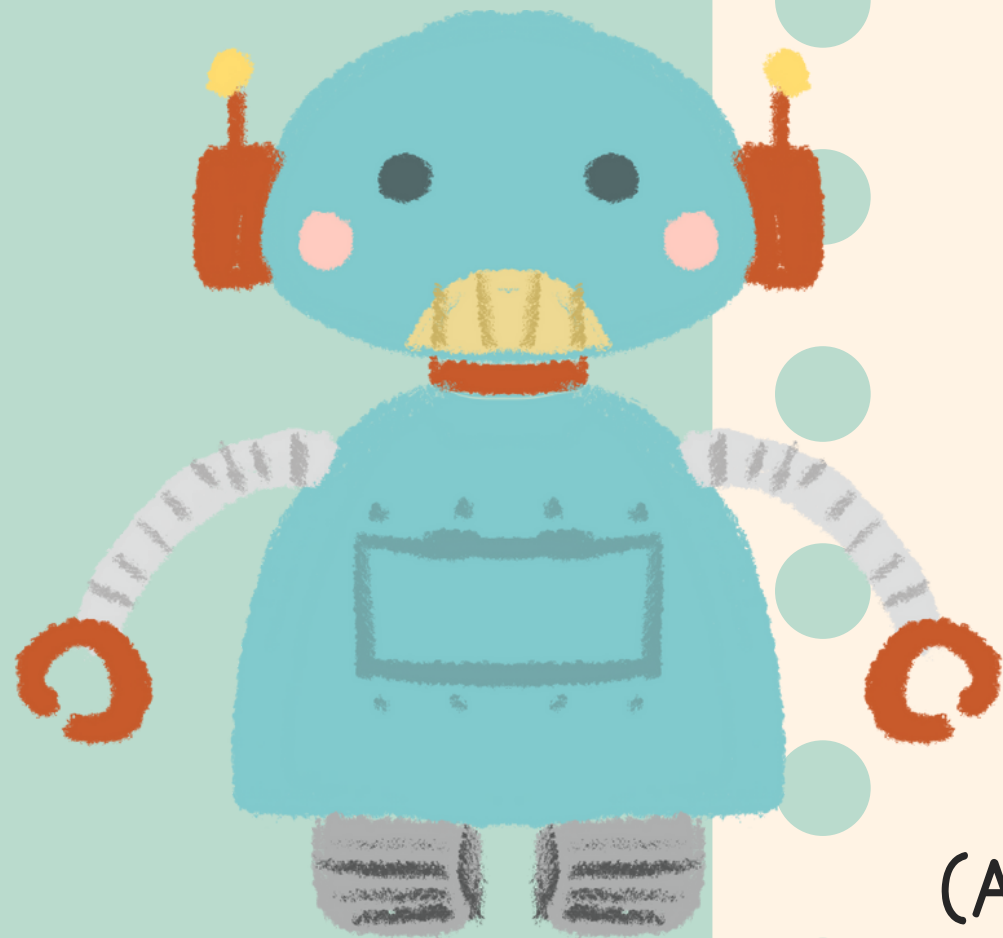
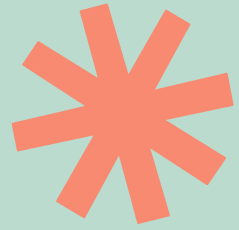
When someone needs our help, it can be easy
to become irritated or even angry, if we
aren't feeling loved ourselves.





Lesson 3: We Need to Connect With God!

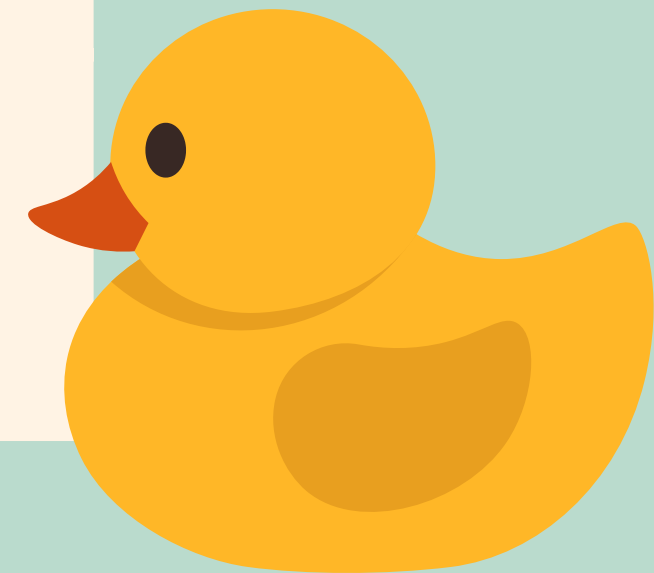
We feel most connected to Heavenly Father and Jesus Christ when we tell the truth. When we see our own unloving behavior, we can repent! Then we get more love in our tank because we are truly seen and loved at the same time!
This is unconditional love.



Lesson 4: We Communicate Love Without Anger & Irritation

We can love others and teach them at the same time as long as we don't use anger.

(Anger looks like: rolling our eyes, sighing with disgust, yelling, cursing, hitting, attacking with words, ignoring.)





Lesson 5: We All Need Wise Friends!



We need to be seen as we truly
are in order to feel loved.

So we can take baby steps to show our true selves
to those we trust. Being unconditionally loved begins
with my own honesty.



1

I can be quiet.

2

I can be wrong.

3

I can feel loved.

4

I can get loved.

5

I can be loving.



When I Am Angry:

I essentially make others responsible for how I feel.



(See page 90 in [Real Love in Parenting](#) for more information)



We Can't Give What We Don't Have!

When we feel calm, loved and happy, we can more easily give love to others!

But, when we feel empty and afraid, we turn inward and are more likely to use behaviors we think will protect us. We may do all we can in fact to try to manipulate people into giving us some kind of attention that may help us feel less alone and afraid, even just for a little while.



Lesson 6: Unconditional Love Can't Be Earned

So if we try to "prove" ourselves by getting good grades or looking a certain way or never making a mistake in order to feel "loved," we will exhaust ourselves and build up tension and may eventually experience chronic pain.



Unloving Behaviors (things we can stop doing now!)

- *Attacking with voice or look or actions
- *Being demanding; acting overly grateful
- *Leaving; mentally or physically
- *Deceiving in some way; lying about who we are
- *Playing the part of a victim; using pity the wrong way!

(Clinging, attacking, running, lying, acting like a victim.)



Conditional Love ("Imitation")

What we sometimes mistake
for love...



Things that give us a sense of:

Power

Pleasure

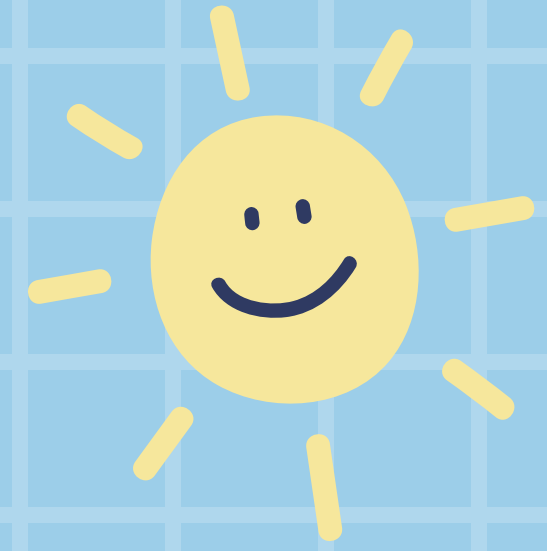
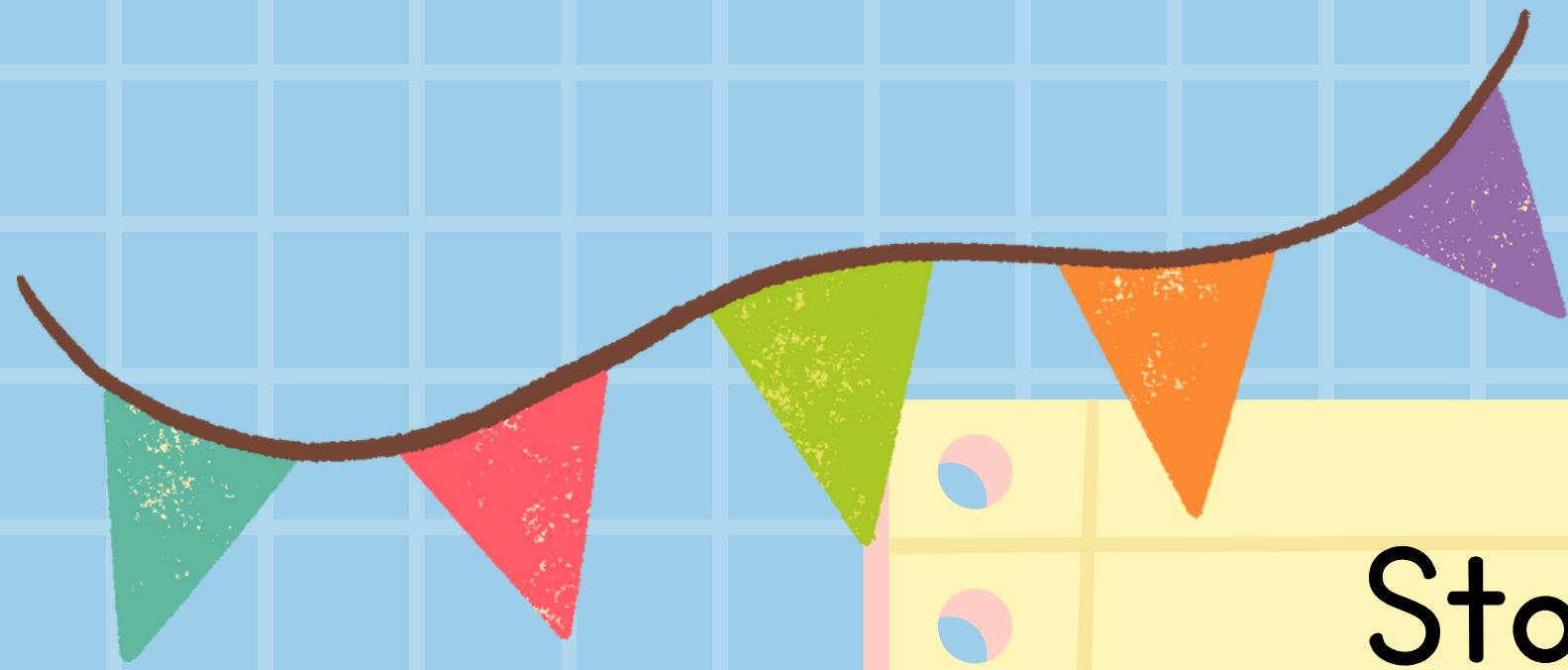
Praise

Safety

in the place of unconditional love.

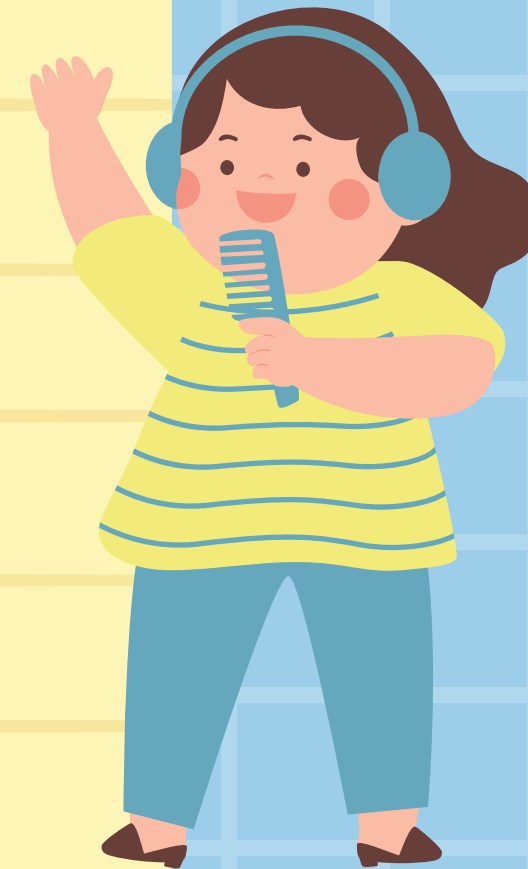
(Can you think of some examples?)

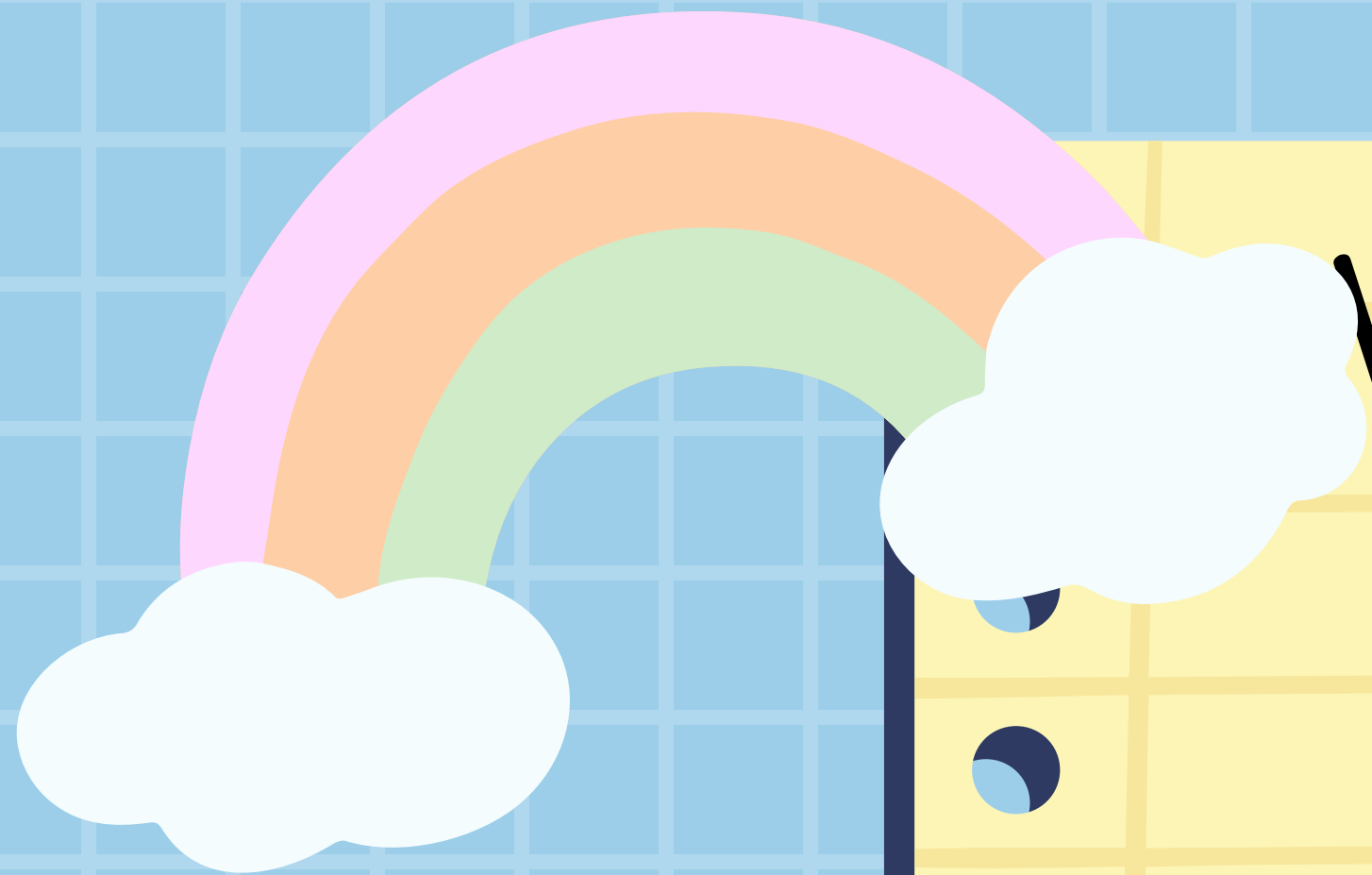




Stories to Learn:

- *Drowning
- *Wart King
- *Sharing Bread
- *Money





Where to Find Stories:

Real Love in Parenting:

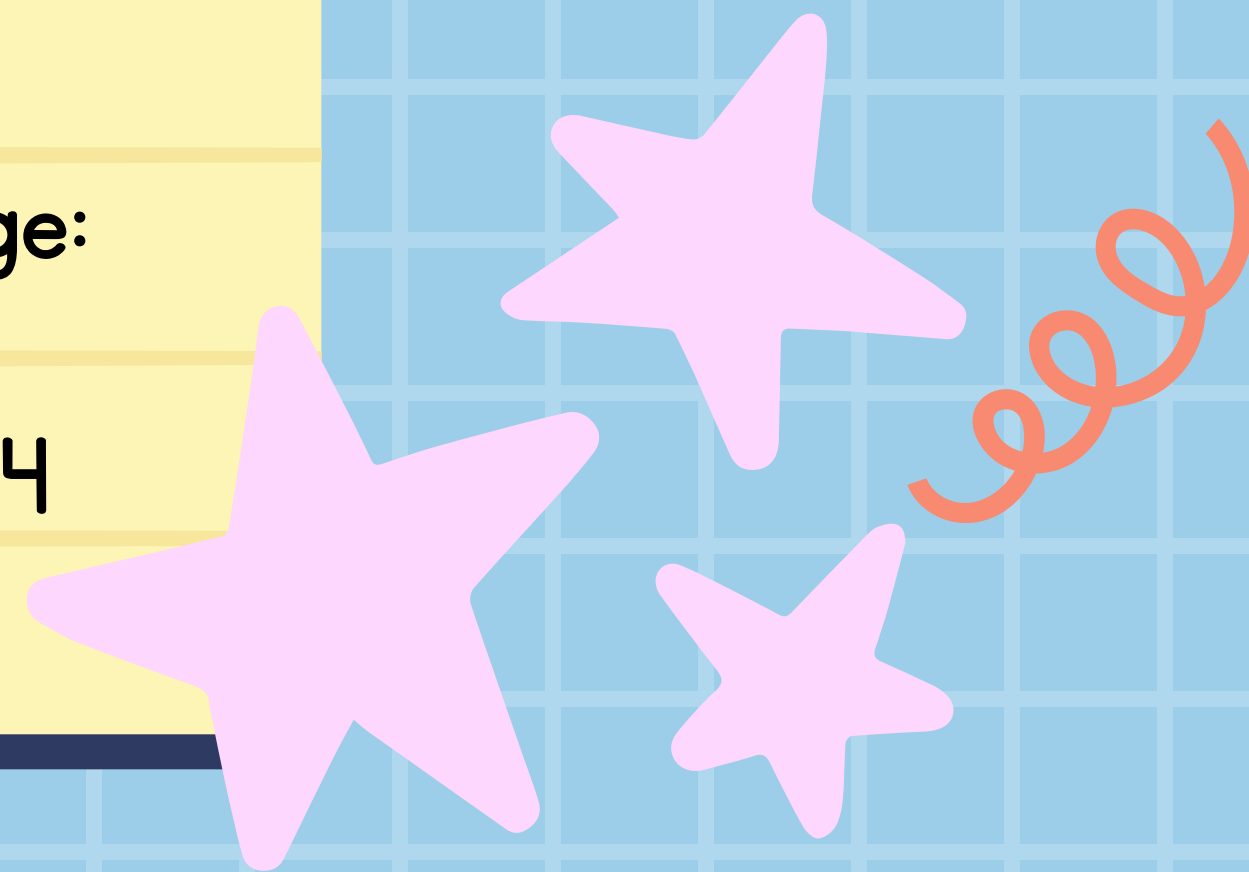
Drowning pg 54

Money pgs 19-20

Real Love in Marriage:

Wart King pg 53

Sharing Bread pg 24



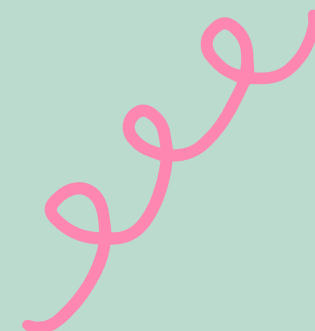


Dear Mom & Dad:

These teaching pages for kids are based on principles found in the Real Love books by Dr. Greg Baer. Particularly, Real Love in Parenting, Real Love; The Truth About Finding Unconditional Love & Fulfilling Relationships, and Real Love in Marriage.

I hope your whole family will be able to learn and embrace these principles in regular, "family learning times!" Parents learn to recognize and own their unloving habits, work at being more loving, then teach the kids! Imagine how valuable it will be to learn at a young age, to be loving and responsible!

*Sincerely,
Jacque*



1

Be honest. Learn to tell the truth about yourself.

2

Be responsible for your own shortcomings.

3

Become familiar with the stories and then teach them in your own words.

4

Be kind, gentle, respectful and firm.

5

Learn to listen to your children.

5 Suggestions for Using This Guide:

Make your family time light and fun!

