

**Questions for Class**  
**OLLI – Love 2.0 May 13, 2014**

**General:**

1. Why might Barbara Fredrickson have chosen to use the term “Love 2.0” for the title of her book? Is this use of the word “love” misleading? Can we think of a better word?
2. What is “self-love”? Is it necessary to maintain self-love in order to be able to love others? (Notice I say “maintain.” It is never a given.)
3. Last week we talked about free will. There seemed to be general agreement around the idea that we humans don’t use our capacity for free will very frequently. What might be signs or characteristics that we could look for in ourselves to evaluate whether we are acting “freely” or not? Does this have anything to do with love?

**Chapter 4: Love’s Ripples**

1. BF opens the chapter with a quotation from Thomas Merton:

*You are made in the image of what you desire.*

- Does this ring true to you? Is “desire” the same as “love”?
2. Do you agree with BF that “love changes your mind” (p. 67) ?
  3. In practical terms, what does it mean to you that “Love and resilience are renewable resources”? (p. 81).
  4. What is the relationship of feeling safe to the broadened awareness, increased resilience, better health, etc. associated with Love 2.0?

**Chapter 7: Loving Others in Sickness and in Health**

1. “You can’t fix someone else’s pain,” but you can “be fully present with it, with awareness and calm.” (p. 148). What is happening here?
2. BF says, “It’s the frequency, not the magnitude, of good events that predicts your overall well-being.” (p. 153). Have you tried some of the exercises in this chapter yet?