



TYPES OF LOVE IN RELATION TO 28 REASONS FOR WELL-BEING AND MALAISE, OR THE 7X4 FIELD RECEIVES BACKING FROM SCIENTIFIC STUDIES

Juhani Heiska

Licentiate in psychology, psychotherapist, South Savo Science Society, Finland: Savonlinna

ARTICLE INFO

Article History:

Received 06th July, 2020

Received in revised form 14th

August, 2020

Accepted 23rd September, 2020

Published online 28th October, 2020

Key words:

7x4-field, preventive mental health work.

ABSTRACT

As love is related to promoting mental well-being, this study examines how well the categorisation of various types of love fits the 7x4 field, a categorisation tool used in preventative mental health care. This study combines multiple previous studies on love that are also related to negative mental health, mental health disorders and aberrant behaviour. These were then compared against the 7x4 field's 28 boxes, which resulted in noticeable compatibilities. A research result on love was selected for each box. The results showed that categorisation of love fit the 7x4 field in a way that can provide clinical recommendations for preventative mental health care. According to this field, different forms of love can be used as bases for concrete procedures in preventative mental health care using the 7x4 field.

Copyright©2020 Juhani Heiska. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

"I love." Even though these words are said across different languages billions of times every hour, and almost all obituaries for instance refer to a deceased person as 'beloved', it is still surprisingly unclear what happens when these words are said and what the object of love is. The situation is like the concept of time in physics. Time as an experience is obvious to all laymen, but in physics, it is a riddle that has stood unsolved for millennia.

Love is unanimously agreed to have various dimensions and main categories. For instance, a study focusing on 27 types of love is under way at the department of neuroscience and medical technology at Aalto University in Finland. The purpose is to create a conceptually comprehensive, statistical picture of different experiences of love, their relations to each other, as well as finding the core of different types of love that separates it from other phenomena (Rinne 2009 & Tommola 2020).

When one expresses love or hope for love, they must then utilise conceptual entities. These seem to be more or less arbitrary constructs with different relations with reality. Almost anything can also be loved, leading to a dead end of "this cannot be studied without a definition". A significant example of such structures are studies on near-death experiences, which has become a prominent field of study. An American called Danion Brinkley has verifiably been in a state

of medical death three times. Still, he has survived and written about his experiences, describing four distinct powers. One of these was the power of love, which is difficult to determine itself (Brinkley 2008).

Love and loving are presented as a topic within structures and categorisations of reasons in the prevention of negative mental health, mental disorders and aberrant behaviour. A categorisation field for reasons was first published in Finland in 1984. It featured four cornerstones with seven main reasons behind them that served as a basis for all sorts of negative mental health (Heiska 2016). The purpose of this study is to include the topics of love and loving into this 7x4, field, which was described in 2017 in the International Journal of Current Advanced Research under the title "Using 7x4-fields to organize scientific data regarding psychic malaise, mental disorders and negatively exceptional behaviour".

The research problem

How do the phenomena of love and loving fit into the 7x4 field concerning psychic malaise, mental disorders and negatively exceptional behaviour when scientific results are examined?

METHODOLOGY

Combining multiple previous studies on love that are also related to psychic malaise, mental disorders and negatively exceptional behaviour. It is then examined how they fit into

the 7x4 field, where one representative study is selected for each box.

RESEARCH RESULTS

The following present all parts of the 7x4 field, including the titles related to love. These are spelled in capital letters, with research results on love following after.

I LONELINESSES: Situations where the primary experience is subjective withdrawal, estrangement, Sociological anomie, separation angst and other related phenomena.

Loneliness in interpersonal relationships Interpersonal loneliness: within social development, friendships, companionships, acquaintanceships, comparisons between oneself and others etc.

1. One's partner's or other life partner's belonging/lack of belonging to one's social circle.
2. Surviving a spouse in situations where loss is not the central experience.
3. Presence/absence of a close person.
4. The number of cohabitants, e.g. living alone.
5. A child's belonging/lack of belonging in an adult's life circle.
6. Loneliness related to being a neighbour, e.g. indifferent living environments, home sickness, etc.
7. The amount of friends, companions, acquaintances and beloved people. **LOVE: SELF-LOVE, NARCISSISM, WAVERING LOVE AND OTHER SIMILAR TYPES:** The opinion on self-love being split into positive and negative areas is fairly unanimous. When a gauge of negative self-love of narcissism was looked for, studies came to realise that answer to "how narcissistic are you on a scale of 1-7" predicted the following ensemble of behavioural traits as well as previously used comprehensive questionnaires: 1) Exaggerating one's accomplishments, 2) focusing on mental images of limitless success, power, beauty or great love 3) believing to be so special that only other significant persons or institutions can understand them 4) demanding overbearing adoration 5) believing that one deserves special treatment 6) tendency to regularly abuse other people 7) engaging in actions that convey a lack of empathy 8) expressing jealousy and a belief that others are jealous of them through their actions 9) arrogant and rude behaviour (Konrath et al. 2014).
8. Positive attention from outside of one's home, e.g. thank-you letters, diplomas, commendations etc.
9. Loneliness related to a rare or anomalous appearance.
10. Information channels regarding the reception of help in the patient's social environment.

Loneliness in movement / exercise / bodily functions

Loneliness related to the development of motor functions, maintaining fitness or relaxation, distances in cultural activities etc.

1. Suitable distances to banks, post offices, public offices, libraries and other such places.
2. Suitable distances to recreational activities.
3. Suitable distances to one's friends, companies and other people. **LOVE: LOVE RELATED TO HELPING COMPANIONS AND FRIENDS:** Exploring research data on comradely love in world literature leads one to

the enneagram theory. This theory originated in the Middle East thousands of years ago. It attempts to categorise what is good about people and what people should let go of to improve their lives. The following main points were identified regarding love related to helping friends and comrades based on studies of the theory: 1) They hold on to promises, agreements and schedules. 2) They might e.g. shovel their neighbour's snow or bring cupcakes to work. 3) They focus on e.g. training together, realizing home decoration ideas or receiving adoring comments. 4) They are open with their feelings and like to think about them together with friends, since they perceive friendship as a true emotional connection. 5) They appreciate interesting conversations where they can free their mind. 6) They prepare for the worst, even if they believe everything will work out by working together. 7) They appreciate playfulness and fun, and wish to bring them onto others. They seek variety; freedom and the opportunity to grab onto the next interesting thing is extremely important to them. 8) They defend their kin to the last. 9) They consider it important that everyone receives attention and that everyone is listened to respectfully. To them, friendship and love mean harmonious mutual understanding and acceptance of others. From others, they wish for good atmosphere, as well as peaceful and loving times together (Taivainen 2017).

4. The opportunity to participate in exercise events.
5. The opportunity to participate in workshop activities.
6. Taking care of animals or plants as a recreational hobby based on opportunities and distances.
7. Motoric figures of mother-and-child-relationships, e.g. a motoric melody.
8. Going to the sauna or cleaning oneself in relation to loneliness.
9. Loneliness related to coping with a physical disease or injury.
10. Physical distance of treatment.

Loneliness in rational activities Experiences of loneliness in cognitive development, actions primarily related to daily survival or social survival, thinking, planning, studying or other such activities.

1. Separation from other people as a part of one's job.
2. Decisions made alone as a part of one's job.
3. Separation from loved ones as a part of one's job.
4. Isolation caused by low work volumes.
5. Professional loneliness, not having a common language etc.
6. Monotonous play.
7. Loneliness related to managing common things. **LOVE: RECIPROCAL LOVE:** An interaction study resulted in a chart for observations on all sorts of interactions. It featured the following main categories: 1. Expressing solidarity, 2. Expressing a lack of inhibition, 3. Agreeing, 4. Making suggestions, 5. Expressing opinions, 6. Providing guidance, 7. Asking for guidance, 8. Asking for others' opinions, 9. Asking for suggestions, 10. Disagreeing, 11. Asking for help, and 12. Expressing hostility. According to this table, love is related to the first six points (Bales 1950).
8. Loneliness related to support during upbringing.
9. An apartment's separating and unifying features.

10. Concrete support or lack thereof in treatment from one's immediate social environment.

Loneliness in world view activities Loneliness, as well as cosmic, mystical and irrational loneliness experienced in actions primarily related to emotional, ethical or aesthetic development, religion, art, values, beliefs or other such topics.

1. Being alone with a belief, idea, art, faith or world view. LOVE: LOVE OF BEAUTY, ARTISTRY, HARMONY, MUSIC AND OTHER SUCH PHENOMENA: A study of roughly sixty pieces of research and descriptive materials of celebrities who can be described as irradiating love (i.e. they are capable of creating positive connections with people on intellectual, emotional, physical or other levels) highlighted seven essential modes of behaviour: 1) Non-verbal communication through being, 2) credibility, 3) passionate devotion, 4) expressing presence, 5) communicating through pictures, 6) internal focus and 7) use of social skills. All of these people used these a lot (Kihlström 2007). Out of these, at least communicating through pictures is clearly related to artistic inclinations.
2. Experience of perfection, so-called flow experiences, asubjectivity and other such experiences.
3. Phenomena related to jealousy.
4. Human rights issues from a loneliness aspect.
5. Being subjected to coercive treatment.
6. Masturbation.
7. Estrangement, anomie as a sociological phenomenon, lack of norms or other such phenomena.
8. Phenomena related to a lack of trust.
9. Experiencing false connections, ostracism and other such phenomena.
10. Matters of esteem related to the manifestations of disorders, such as hopelessness or hope.

II SOCIAL MODELS: Situations that primarily involve opportunities to learn through model learning.

Interpersonal relationship models Models learned from one's community, acquaintances, comrades, friends, relatives and loved ones.

1. Models related to serious or frightening illnesses.
2. Models learned through various scenes.
3. Models caused by continuous anxiety or pain.
4. Models related to losing or maintaining control.
5. Models caused by peer rejection.
6. Models originating from self-destructive behaviour.
7. Bribery, corruption and other such phenomena in relation to social learning.
8. So-called unwritten rules of social relationships, e.g. models related to efficiency or relativity. LOVE: A MOTHER'S, FATHER'S, GRANDPARENTS' OR GODPARENTS' LOVE FOR A CHILD: An examination of various accounts of fatherhood from literature and interviews allowed for a categorisation of fatherly love into the following main categories: 1) fathers who help the mother, 2) a fun father or a playing father, 3) a competing father or a career father, 4) a strict father or an anxious father, 5) a routine father or a busy father, 6) an immature father or an indifferent

father, 7) a thinking father or a soft father (Huttunen 2001; Juvakka&Viljamaa 2012).

9. Models related to sexual behaviour.
10. Visibility, prevalence and constancy of disorderly behaviour in a patient's environment.

Models / exercise and bodily functions Models related to motoric development, maintaining physical fitness, relaxation and other such actions.

1. Models received from being fitness-minded.
2. Models related to morning activities.
3. Eating habits in relation to social learning.
4. Vitamin content of nutrition.
5. Cleaning one's body and hygiene in relation to models.
6. Models related to processing bodily functions learned from one's environment.
7. Prevailing concepts regarding connections between mental well-being, mental health and exercise.

LOVE: BROTHERLY LOVE, UNIVERSAL LOVE OR OTHER ATTEMPTS TO PROTECT AND DEFEND, NO MATTER WHO THE SUBJECT IS: An examination of empirical data from various studies and research groups yielded the following observations: "True love will wait" is a campaign created to protect young people, with millions of participants across the world. The purpose is to have young people use various techniques to express that they will only consent to marital sex. There were 23 reports from Finnish women (one of whom turned out to be transsexual) aged 33–46 (average age 37), who had participated in the campaign when they were 15–17 years old. The following observations were made based on the report. None of the women had any memories of sexual harassment or rape. Eleven women considered to have kept their chastity. Five had had intercourse with someone besides their future husband. Only seven of them had experienced their first vaginal intercourse with their spouse. Most of the women – an exact percentage could not be determined – considered the participation to have had both positive and negative effects. Three could not name any negatives and seven women thought their participation had been of no use or only to have had negative effects. Positive effects included avoidance of harmful sexual experiences, STDs, non-wanted pregnancies or cheating on part of one's partner. Some of the mentioned negative effects were excessive absolutism and a feelings of unnaturalness (Isotalo 2017).

8. Models related to relaxation: relaxation exercises, maintaining quality of sleep, love-making, crying, laughing, tearing up and other such experiences.
9. Cultural models related to exercise and health, e.g. workplace workout or loitering in the streets.
10. Congenital models in relation to bodily functions, epigenetics and other such topics.

Models in rational activity. In work, organisations, thinking, studying, education etc.

1. Models learned from mass media.
2. Health-related models from work.

3. Behavioural models related to the quality of work, e.g. an “always on the go” attitude or the “customer is always right” model. LOVE: UTILITARIAN LOVE IN EVERYDAY LIFE: Based on questionnaires answered by English and Canadian correspondents and a variety of studies on love from different times, the following main categories could be defined: Eros, filios, agape, pragma, storge, ludus and mania. Out of these, pragma and storge are strictly related to matters of everyday survival, which makes them a natural part of working life as well (Leener-Axelsson & Thylefors 2018).
4. Models learned through thinking of studying.
5. Behaviour related to identity.
6. Phenomena related to willpower.
7. Prevalent diagnostics.
8. Organisational models in health care and nursing.
9. A so-called arational point of view, according to which not everything can be understood and in which one must make use of paradoxes.
10. Culturally contextual assumptions and information regarding mental disturbances or abnormal negative behaviour.

World view models. Models obtained through religion, beliefs, proximity to nature or arts.

1. Religious ways.
2. So called common ways, common prejudices, confirmation bias and other related phenomena.
3. Customs at home regarding shared and individual hobbies.
4. Models regarding one's attitude towards matters of esteem and faith. LOVE: A GROUP OF SPECIFIC FEELINGS, ROMANTIC THOUGHTS, INTENTIONS AND BEHAVIOUR MODELS, EVEN IF THE SUBJECT IS UNOBTAINABLE: The following observations were made by examining articles about people's love stories in Finnish magazines published between 2010–2011: Finding a life partner rationally would be impossibly difficult, because there are so many suitable options. Romantic love is an ideal throughout all cultures, even though there is little interest in defining it. Love is a state of dependency, in which natural selection does not care about people's happiness, only about the likelihood of creating offspring that romantic love incurs. Even though reproduction is evolutionarily important, most people are not content with purely sexual relationships, since the feeling of love is one of the last remaining sanctuaries from a cold and harsh world. The following thesis was eventually drawn: religion and romantic love should be examined as parallel systems of meaning whose relationships vary throughout time periods. Instead of institutional religion imposing restrictions on romantic love, the opposite may be true in modern society (Vuokko 2012).
5. Beliefs regarding treatments.
6. Models based on moral duplicity.
7. Models for handling feelings of guilt.
8. Behaviour related to one's favourite places.
9. Models related to keeping up one's reputation or honour.
10. Utilising intuition.

III ACTUAL STRESSFUL SITUATIONS

Situations that primarily encompass all the following features:

1. Something unpleasant has happened.
2. The unpleasantness is understood to continue if a particular action is not taken.
3. There are difficulties related to the previously mentioned actions.

Interpersonal relationship stress in social situations, family scenarios, emotional reporting and other situations in which loneliness or matters of values are not the central aspect behind unpleasantness.

1. General stress over getting one's message across.
2. Stress over expressing emotions.
3. Stress caused by a multitude of people.
4. Disputes over responsibilities.
5. Stress related to choosing one's company. LOVE: LOVE FOR A LIFE PARTNER OR LIFE PARTNERS: By contrasting the French author La Rochefoucauld's thesis “jealousy comes from love but does not die along with it” with reports from couples' therapy cases, the following positive aspects were identified within experiences with jealousy: 1) When a partner receives less attention in everyday life, focusing on a jealous reaction improves matters. 2) Constructive communication may increase if the following types of things are said: “I have to say, I was a bit jealous of how that pretty girl was flirting with you. You are so handsome”. 3) When one notices they are out of shape, a partner's good-looking co-worker's exercise habits may increase one's own motivation, for instance. 4) Feeling valued, an important part of all relationships, may come across better through jealousy-induced conversations. 5) Loss of sexual interest may be remedied by an open discussion about jealousy. 6) The reason behind jealousy often turns out to be a fear of being abandoned. These revelations are often considered positive experiences in the future. 7) Jealousy may help couples find shared ways to maintain their relationships (Lombardo 2014).
6. Being pressured or argumentative, being under suggestion, the mode of binding, mystification or other such.
7. Double bind expression, obfuscation, tangential answer etc.
8. Intergenerational disputes.
9. Disturbance of the family homeostasis, family aberration, mix-up of family roles, chaotic family situations and other similar phenomena.
10. Interpersonal relationship stress related to pregnancy and giving birth.

Stress related to exercise and bodily functions in motor functions, exercise, relaxation and other such situations.

1. Factors in one's immediate environment that restrict exercise options.
2. Difficulty in finding calm places to walk.
3. Exercise stress related to one's apartment.
4. Holiday stress, problems with scheduling free time, etc. LOVE: PASSIONATE, LUSTFUL OR OTHER SIMILAR LOVE: So-called cheating problemacy in relationships has been examined in the following image-

based study: Test subjects who were in a long-term relationship were asked to participate in a test regarding "cognitive abilities". They were given blood tests for measuring their oxytocin levels, after which they were shown pictures of their partner and other people of the opposite sex and asked to evaluate their attractiveness. After some time, one group was asked to describe their own loving thoughts towards their partner and another group was asked to describe times when they felt especially happy. After another waiting period, the test subjects were asked to select pictures that would make them want to repress all sexual thoughts when encountered in real life. The test results showed that after inciting romantic ideas, almost all test subjects chose to turn down people who were more attractive than their own partner. Researchers have suggested oxytocin to be nicknamed the "hug hormone" (Maner et al. 2008).

5. Harmful exercise.
6. Hereditary stress.
7. The effects of stress on blood composition, overall fitness, epidemic diseases and other such ailments.
8. Organ-related motoric disturbances.
9. Conflicts of attitude regarding organ-related stress.
10. Stress related to brain dominance, brain tumours and other such ailments.

Stress related to rational activity. Actions related to cognitive development, daily survival, living, thinking, studying or other such in relation to stress.

1. Unsuitable working times.
2. Stress related to work ending.
3. Physical stress, such as noise, smells and cold.
4. Rationalisation and organisation stress, unsuitable activity levels, information overload and other such phenomena. LOVE: LOVE OF WISDOM: Reviewing and categorising research results on wisdom revealed a general and a personal side to the topic. General wisdom entails the following elements that are also related to love: 1) Knowledge is used to advance the wise individual's and others' well-being. 2) Expressing a remarkably wide, deep and balanced knowledge. 3) Managing important and difficult strategies especially regarding life and its meaning, as well as related questions. 4) Even though defining and attaining wisdom often fails, wise people are easy to recognise. 5) Understanding the limits of one's knowledge and the uncertainty of the world are a part of wisdom. 6) Wise people have especially harmonious minds and personalities. 7) Wisdom represents the highest possible level of knowledge, judgement, and guidance. Aspects of personal wisdom include: 1) A good understanding of one's relativity, 2) A good understanding and insight to life, 3) Strong resistance to uncertainty, 4) Good self-regulation abilities, 5) A good understanding of how one's behaviour and/or feelings are bound to one's environment, 6) A good understanding of one's strengths and weaknesses as a friend, 7) A good awareness of how to improve as a person (Kokko 2010).
5. Stress related to battles at work.
6. Difficulties in finding an apartment or the threat of losing one.

7. Stressful aspects in one's apartment or living environment.
8. Financial troubles.
9. Stress related to judicial cases.
10. Competing interpretations of perceived symptoms, i.e. is pain physical or mental.

Stress related to world view activities. Problematicacies related to religion, art, the emotional aspects of safety, values, beliefs and other such topics in light of stress.

1. Stress related to keeping a secret.
2. Value hierarchy of actions and esteem problems, e.g. conflicts between work and family life, enrichment, equality issues and the pacifying effects of increased amount of services. LOVE: UNCONDITIONAL LOVE, SUCH AS A DEMANDING OR OBSESSIVE LOVE.: In reports of love and interviews of people in love, those who considered themselves to be in love exhibited the following features:
 - Constantly thinking about the person, they are in love with, without minding indifference or rejection, but rather considering these to be arousing.
 - A curious ability to admire a partner's good qualities and to downplay their weaknesses. Their faults are recognised, but are considered positives instead.
 - Emotional agitation whenever one's exclusive attachment to the loved one is threatened.
 - A pronounced effect on one's mood depending on how the beloved person responds to one's wishes.
 - Symptoms of physical anxiety, nervousness, shyness and other such losses when meeting the beloved person.
 - Escaping into wish-fulfilment fantasies in emergencies.
 - A change in one's life where other needs take secondary importance.

Researchers have interpreted these features thus: just like the cosmological revolution made us understand they were not the centre of the universe, and the Darwinian revolution made us admit we are descendant from mere animals, so must we accept the fact that people exhibit ordinary absurdity, an irrational period of thought and behaviour that is regardless of will. This phenomenon is called "limerence." (Tennov 1979).

3. Problems with self-respect.
4. Feelings of helplessness when others need assistance.
5. Stress related to being in a high-risk group.
6. Conflicts between world views and religious sects.
7. Competition for living standards.
8. Self-fulfilling negative predictions, repeated depreciation of value toward those who have encountered hardships, kicking somebody when they are down and other such phenomena.
9. Too few or too many empowering conceptions.
10. An environment's low tolerance towards visible and recognisable exceptional or deviant behaviour.

IV PUNISHMENTS / EXPERIENCES OF DISAPPOINTMENT

Situations in which certain type of behaviour has had unpleasant consequences.

Experiences of punishment in interpersonal relationships in friendships, family scenarios, social development etc.

1. "Violence begets more violence" type scenarios, revenge etc.
2. Complaints from neighbours, relatives, and other close people. LOVE: DESTRUCTIVE LOVE FOR ONE'S PARENTS, SIBLINGS AND OTHER RELATIVES: Gathering data from psychotherapy reports on the topic of "one cannot love when in pain or afraid" brought up plenty of cases regarding parents, siblings and other relatives, in which so-called floating anxiety was alleviated by simply bringing things up. This data led to the following theory: Unconscious behaviour may transfer between generations to produce cycles of anxiety that may be alleviated by exploring one's genealogy. Exploring genealogies that highlighted e.g. relatives who had died traumatically led to a new type of therapy called psychogenealogy. A central concept of this field is 'invisible loyalty to ancestors' (Schutzenberger 1998).
3. Becoming the object of rumours.
4. Experiences of punishment related to being labelled a heretic, being a part of a minority etc.
5. Becoming a scapegoat, fundamental attribution errors and other phenomena.
6. Receiving threats.
7. Having an unwanted child from the viewpoint of interpersonal relationships.
8. Experiences of being punished for sexual behaviour by one's environment.
9. Experiences of being punished for e.g. dressing a certain way or sporting a specific hairstyle by one's environment.
10. Experiences of being punished by one's environment for receiving mental health care.

Experiences of punishment / disappointment in relation to exercise and bodily functions in exercise, relaxation, muscle training etc.

1. Physical punishments.
2. Experiences with physical violence.
3. Effects of death penalties or other harsh punishments.
4. Situations in which one has become physically sensitive to experiences of punishment or disappointment. LOVE: LOVE FOR LIFE AND THE MICRO MOMENTS OF LIFE THROUGH OTHER PHENOMENA INVOLVING MEANINGFUL EMOTIONS THAT ARE DIFFICULT TO SPECIFY: A collection of studies on emotional experiences was used to create the so-called broaden and build theory, which identified a phenomenon called micro moments of love. It also addresses feelings of disappointment. The senses of people experiencing such micro moments exhibit noticeable feedback activity, which is complicated, but describable. It can also be taught. One of the theory's significant results is the following finding: when a group of randomly selected people were taught to add micro moments of love to their everyday life, the functionality of their vagus-nerve, an important nerve that connects the brain and the heart, was improved. There was even evidence to support the claim that mere micro moments can have lasting effects on health and a long life (Fredrickson 2013).

5. Failures to breastfeed.
6. Failures in training programs.
7. Experiences of failure in exercise, fitness etc. related to equipment.
8. Experiences of failure stemming from competitive exercise.
9. Bullying, threats of physical violence etc. from people on the street.
10. Disappointments related to queueing for treatment.

Experiences of punishment/disappointment in rational activity in relation to daily survival, living, thinking etc.

1. People at one's workplace who cause experiences of disappointment.
2. Complaints about the quality of actions, judgements etc.
3. Complaints and failures experienced as a caretaker.
4. Complaints and disappointments in daily work, seeking truth etc. LOVE: THE LOVE OF TRUTH: The following observations were made when examining analytical thinking, intuitive thinking and near-death experiences: Since in science, searching for the truth involves plenty of disappointments, finding the truth after said disappointments elicits some kind of automatic and also loving reaction: "I want others to also believe in this truth" (Häkkinen 2018).
5. Failure related to a plan, appeal, suggestion or other such thing.
6. Extensive or overbearing punishments.
7. Consequences of mass punishments.
8. Ignorance, casting into loneliness and other such actions as punishments.
9. Difficulties in directing punishments.
10. Experiences of punishment related to the revelation of mental health issues.

Experiences of punishment / disappointment in world view activities in religion, faith, processing one's values or beliefs, ethical development, and other such activities.

1. Depressing or shocking world news.
2. Being indebted, reactance phenomena etc.
3. Situations involving unforgivable actions. LOVE: MORAL LOVE, SUCH AS LOVE FOR ONE'S ENEMY OR OTHER SUCH SUBJECTS: Studies regarding revenge have identified the following phenomena in people as young as kindergarteners: In situations where a child who had been punched had been given the opportunity to punish their assailant, children tended to retaliate with less painful methods than they themselves had been subjected to (Robinson et al 1981).
4. Experiences of punishment related to being labelled a heretic, being a part of a minority etc.
5. Experiences of shame related to expressing one's emotions, e.g. feeling ashamed of having told about one's innermost feelings.
6. Guilty conscience as a punitive factor.
7. A vicious cycle of bitterness.
8. Consequences of a poor taste in humour.
9. Lack of respect received for one's efforts.
10. Demeaning attitude toward one's abnormality and disorder.

V LOSSES

Situations in which a subject has experienced significant losses.

Losses in interpersonal relationships in social development, opportunities to function with others, self-expression and other such activities.

1. Loss of a loved one, their serious illness etc. LOVE: UNREQUITED, HOPELESS, LOST OR OTHER SUCH LOVE. An examination of several studies yielded the following summary: When a person in love fears being abandoned, they exhibit the following experimental behaviour that can be categorised as thus: 1) Retreating into loneliness: How long can their loved one stay apart? 2) Asking one's immediate social circle what they think of their love 3) Asking irritating questions from one's partner, such as who did you meet that time and what did you do? 4) Expressing shock and worry by e.g. saying "oh my God, look at my stomach". 5) Ruining social situations by e.g. bringing up one's jealousy all the time while meeting friends in a way that distracts the entire group. 6) Dropping hints and asking indirect questions to imply that they will e.g. leave their partner before the partner can leave them; using jokes to avoid possible rejection. 7) Creating love triangles (Andersen et al. 2017).
2. Parentification phenomenon in a child.
3. Physical diseases from the viewpoint of interpersonal relationships.
4. Surgery, miscarriage, abortion, failed treatment etc. in relation to interpersonal relationships.
5. Sexual losses that do not involve losses related to bodily functions.
6. Losses of communication opportunities without losses of sensory functions.
7. Losses related to enjoying respect, honour etc.
8. Experiencing betrayal.
9. Personal experiences with childlessness.
10. Being the parent of a child who is taken into custody.

Losses in exercise and bodily functions experiences of loss in moving about without help, exercise, motor functions, relaxation activities etc.

1. Involuntarily spending less time on taking care of one's body.
2. Organ problems that prevent one from exercising.
3. Involuntarily spending less time taking care of oneself due to taking care of pets or plants. LOVE: LOVE FOR NON-HUMAN ORGANISMS: Examining research data on love for animals and plants yielded plenty of evidence for the following experiences, among others: increased positivity, lowered stress levels, lowering of high blood pressure and an increased sense of empathy (Aaltola 2019).
4. Limitations on exercise imposed by aging.
5. Possibilities in one's apartment or immediate environment for taking care of one's body becoming more scarce.
6. Losses of sensory functions.
7. Losses related to teeth.

8. Circumcisions, losses related to genitals and other such losses.
9. Blood pressure medication and sexuality.
10. Connection between inflammatory conditions and psychic disorders.

Losses in rational activity losses primarily related to daily survival, living, thinking or other such activities.

1. Outdated education.
2. Feelings after receiving a penalty charge, having one's driver's license revoked etc.
3. Losses related to one's job or a long-term goal.
4. Loss of one's home.
5. Accidents, natural disasters, and other such phenomena. LOVE: TRUE LOVE IN DIFFICULT CONDITIONS: Research data on love that survives even significant degradations in living conditions revealed the following main points: 1) Knowing how to respond to subtle needs for attention and interest. 2) Processing bitter childhood experiences in a way where transference does not become a problem 3) Being able to account for the following research results regarding the processing of emotions: women reported higher degrees of emotionality than men when reviewing their lives over a long period of time. However, when participants evaluated their emotions one moment at a time, there was little difference between sexes. 4) Three strategies are employed in processing accusations: being loud, being persuasive and avoiding conflicts. 5) Knowing how to give to another, even without reward. 6) Keeping in mind core differences between partners, such as a crucial part of another's religion, history, or personality. 7) Accounting for the research results that the thought of a partner's strengths making up for personal weaknesses and vice versa sounds good, but has no reasoning behind it (Gottman 2018).
6. The rational side of losses related to organ diseases.
7. Organising help in crises.
8. Increased income gaps.
9. The problemacy of wasted time.
10. Diminished income, status inconsistency or other such phenomena.

Losses in world view activities Activities related to religion, art, the emotional aspects of safety, proximity to nature, values, beliefs and other such topics.

1. Feelings of loss related to politicisation
2. Feelings of loss stemming from the secularisation of faith.
3. Diminished value of work.
4. Losses related to diminished respect for parents, war veterans or othersuch people.
5. Loss of respect for families with children.
6. Losses related to proximity to nature. LOVE: LOVE OF NATURE: The following categorisations could be drawn from a study where people working in health care were asked to describe memorable nature experiences in a group interview and a written essay: A) Nature that is independent from one's own actions (strong, untouched and diverse). B) Cycling nature (changes in weather

conditions, times of day or year and the development of lifeforms). C) Pollution-free nature (no trash, noise pollution or other pollution) and D) Aesthetic nature (harmony, beauty, peacefulness). Feelings of mental well-being from nature consisted of joy, strength, peace, presence and irrational healing (Taka-Aho 2005).

7. The emotional aspects of losing pets.
8. Losses related to the diminishing of language abilities.
9. Losses of identity.
10. Experiencing statistical numbness in helping people who have experienced loss.

VI AVOIDANCE OR ESCAPE OPPORTUNITIES

Opportunities to avoid anxiety in a way that increases anxiety on a long term, e.g. by hiding it, being aggressive, using narcotics as an escape, or other such negative defence/coping mechanisms.

Avoidance opportunities in interpersonal relationships within social development, friendships, companionships, acquaintanceships, comparisons between oneself and others, self-expression etc.

1. Avoidance opportunities while being the object of attention.
2. Disservice experiences, e.g. in the form of drinking buddies.
3. Opportunities to frighten people in one's social circle.
4. Opportunities to become indifferent, building up an emotional guard and other such situations. LOVE: MOSTLY NON-SEXUAL, SELFLESS OR OTHER SUCH LOVE: An examination of studies including the words 'selfless love' revealed a category of people in love that does not involve sexual intercourse. The following qualities were identified in people engaged in these types of relationships: 1) Sex is not considered at all, it feels strange or arousal feels irritating. 2) Other people's strong reactions towards a couple's lack of sex is difficult to understand, as are jokes about sex. 3) These people show interest toward the human body only in regard to anatomical differences and beauty. 4) One's disinterest towards sex can easily bring about thoughts of being sexually maladjusted or inadequate at living out sexuality. 5) Everything else done together with a partner feels more interesting than sex. Masturbation does sometimes occur though. 6) People might appear beautiful, handsome or cute, but never sexy. 7) Discussions about sexuality or sex scenes in plays or films seem boring. The following significant observations were also made: There is a slight difference between sexual indifference and asexuality that is difficult to determine. According to current historiology, the term platonic love does involve sexual activity (Bogaert 2012).
5. Co-habitation, breaking up often and other such phenomena.
6. Established avoidance games in one's social circle, e.g. so-called modes of repelling.
7. Lying phenomena.
8. Avoidance opportunities for those engaged in drinking situations.
9. Processing restraining orders.
10. The extent of disorders pointing to negative mental health in a subject's social sphere.

Avoidance opportunities in exercise, physical activity and bodily functions: in activities related to using bodily energy, exercise etc.

1. Avoidance opportunities granted by the physical capabilities or bodily abnormalities of people in one's social circle. LOVE: LOVE FOR STRANGERS, IMMIGRANTS AND OTHER SUCH GROUPS OF PEOPLE: According to a statistical analysis, a type of love called development co-operation involves three rather questionable assumptions. 1) Development co-operation can alleviate poverty in developing countries. 2) Aid to developing countries can help strengthen their governments and reinforce human rights. 3) The basis for development co-operation is respect for development actions undertaken by the target country (Moyo 2010).
2. Opportunities to misuse bodily strength.
3. Temptations to not utilise muscle strength.
4. Temptations to overeat or to skip meals.
5. Temptations to speed in traffic.
6. Avoiding taking care of pets, plants and other such objects of attention.
7. Avoidance opportunities related to meal situations and times, taking care of gastrointestinal microbes and other such opportunities.
8. The desire to undergo surgery being unconsciously related to a desire to cut oneself.
9. Dismorphic views related to advertising and body image.
10. Avoiding the use of safety gear.

Avoidance opportunities in rational activities in work, planning, traffic and other such scenarios.

1. Opportunities to avoid work without negative consequences.
2. Opportunities to escape into work.
3. Opportunities to abuse power, discrimination and other such activities.
4. The population composition of residential areas.
5. Alleviation of anxiety through chemicals or other means in relation to avoidance.
6. Avoidance opportunities related to traffic, e.g. low risk of being caught for drunk driving.
7. Opportunities to circumvent limitations, cover up one's mistakes etc. LOVE: SECRET LOVE, PAID LOVE OR OTHER SUCH TYPES OF LOVE: An examination of a case reports from a couple's therapist over a span of roughly 25 years in regard to why people begin affairs, become unfaithful or do similar things brought up cases in which people felt their relationships were in a good state, but had still had affairs. In almost all cases there were many reasons, which can be categorised as thus:
 - a. Lack of friends and unrealistic views of being special. Some people tend to think they are special and that common rules do not apply to them. They thus think they deserve other relationships or sex on top of their monogamous relationship. If their only friend is their partner, it feels necessary to find satisfaction elsewhere.
 - b. Immaturity, spur of the moment and other such reasons: The person has no experience with long, committed relationships and they do not understand the consequences of their actions. They might think it

is fine to be committed to a relationship one day and to have a sexual affair the next day.

- c. Insecurity, abuse etc. experienced in childhood: people wish to feel themselves wanted and appreciated. Insecurity may cause one to test their attractiveness by cheating. Those who have been abused or abandoned in childhood may continue to suffer issues with closeness and commitment as adults. They might use sex to escape unprocessed childhood traumas and thus become unable to commit to one person.
- d. Revenge or anger: A partner who does not even attempt to hide their infidelity may feel irritated or vengeful toward their partner. Cheating is in this case meant to be known by the partner in order to hurt them.
- e. Mistaking the early rush in a relationship for love: long-lasting, committed love in a relationship is different from the early rush of neurochemicals early on in a relationship. A person might mistake the extremely intensive early rush for the true meaning of love, which creates unrealistic expectations for a long-term relationships that may end up feeling wrong.
- f. Addictions and other problems: intoxication lowers one's ability to make smart decisions. Addictions might thus lead to infidelity. One might also be addicted to sex, in which case sex becomes a means to avoid other areas of life or to numb one's feelings.
- g. A desire to end a relationship: if a person cheats on their partner to end their relationship, they might want to ensure they have another partner ready waiting for them. They might also want to avoid having to leave their current partner and hope that their infidelity causes the other to initiate the break-up instead. Unrealistic expectations about one's partner being ready around the clock to fulfil their every need might also lead to the same outcome.
8. Avoidance opportunities granted by mistakes, side effects and other such phenomena related to treatment.
9. So-called information overload and the problem of redirecting attention in media communication.
10. The so-called suitable enemy phenomenon in mental health care.

Avoidance opportunities in world view activities Activities related to religion, values, beliefs, arts, emotional development and other such topics in relation to avoidance opportunities.

1. The addictive quality of watching television.
2. The addictive quality of using a computer.
3. Avoiding the so-called great questions of life, avoiding the processing of feelings of disgust and other such strategies.
4. Avoiding questions of responsibility.
5. Opportunities to avoid processing questions of values, memories and emotions as a part of grieving and other such activities.
6. Getting tattoos as an adaptation method.
7. Consequences of coming out in homosexuality, transsexuality, paedophilia and other sexual orientations.

8. Disturbances related to using makeup and other such means.
9. The effects of nudist culture.
10. Opportunities to sink into excessive dreaming, artistry, autism and other such activities in everyday life. LOVE: LOVE FOR A CRIMINAL, PEOPLE WITH DIFFICULT ALCOHOL ADDICTIONS OR OTHER SUCH ISSUES: Studying reports of problematic love stories revealed one significant group, in which love was self-destructive in the sense that the subject of love was a criminal, alcoholic or other such person who behaves in a negatively exceptional manner. This phenomenon is called paraphilia. Paraphiliacs' answers to questions of values tend to exhibit unusual thinking. Sending love letters is common, and statistics regarding them show that the flow of love letters to a convict typically ends if the convict is transferred to a mental hospital for long-term treatment. However, paraphiliacs often find comfort in thinking that a loved person locked up in an institute is unlikely to cheat on them. Paraphiliacs also take more risks. Their desire to save the subject of their love is often pronounced. Women are more likely to be paraphiliacs than men (Money 1986).

VII EXPERIENCING CHANGES WITHOUT IMMEDIATE DISCOMFORT

Changes in conditions not related to losses or failures, but which are nevertheless meaningful to a person.

Changes in interpersonal relationships in friendships, comradeships, acquaintances, neighbours, ownerships etc.

1. Changes in one's circle of friends.
2. Marriage, engagement, and other such events. LOVE: COMMITTED, LONG-LASTING LOVE: An initiative called "Married for ten years and still together?", where married couples were asked to write about their lasting union, yielded answers in seven categories: 1) Self-respect, 2) confessions of love, attempts to delight one's partner etc. 3) tolerating and settling disagreements 4) alleviating hardships, 5) conscious commitment to one's partner, 6) the ability to enjoy everyday life, 7) accepting difference and changes (Määttä & Uusiautti 2014).
3. Changes in opportunities for sexual behaviour that are not related to losses or disappointments.
4. Changes in the size of one's family.
5. Changes in relationship games.
6. Changes in residence in relation to relationships.
7. Changes in type of housing in regard to housing type, organisational changes etc.
8. Changes in one's next-door neighbours.
9. Order of birth among siblings.
10. Scientific communities' acceptance that telepathy is real.

Changes in exercise and bodily functions changes experienced in motoric development, development of muscles, exercise, relaxation and other such topics.

1. Changes in the use of muscles in daily activities, encountering light and other such phenomena.
2. Starting physical therapy, foot treatments etc.

3. Changes along one's way to work, use of one's own car etc.
4. Changes in physical and mental distances to services, nearby grocery stores etc. LOVE: FOR ONE'S HOME REGION, HOME COUNTRY OR OTHER SUCH PLACE: In a study by Kosterman and Feshbach, a questionnaire on values and attitudes was answered by American high school and college students. One side of the questionnaire had them comment on claims such as "I love my country" (the patriotic side) and on the other were claims such as "the more the US has power over other countries, the better off we are" (the nationalistic side). One significant observation made in the study was that in politics, it is important to be able to tell apart love for one's country as a part of national identity and nationalism. The latter of these can imperceptibly lead to militancy (Kosterman&Feshbach 1989).
5. Changes in eating and resting times.
6. Changes in freetime usage in relation to exercise.
7. Chronobiological bodily phenomena, developments of one's body image and other such phenomena.
8. Problemacy related to growing taller.
9. Various sensitive periods of bodily functions.
10. Surgeries that modify one's body.

Changes in rational activity Changes related to work, daily survival, thinking, planning, processing information, studying and other such activities, without clear negative connotations.

1. Changing profession.
2. Changes in one's job contract.
3. New work equipment, methods or areas of work.
4. Changes in one's financial situation without experiences of punishment or loss.
5. Finishing a significant work project.
6. A significant positive change of life, e.g. being promoted.
7. Significant property trades without experiences of failure.
8. Changes in daily information sources, interpretations of ideas etc. LOVE: BENEVOLENT, YIELDING, PLEASING, PLAYFUL AND OTHERSUCH TYPES OF LOVE: In a study, couples aged 18–24 were asked to keep a journal and were interviewed in depth. Their relationships exhibited a benevolent, yielding, pleasing and playful side of love that showed in these ways: In Canadian culture, 15–20% of intercourse happened after only one partner wanted it. The following fears were related to this phenomenon: "My partner will start to think I don't love him/her", "They might start cheating on me" and "my partner will be sad". Around 40–45% of both men and women answered positively to the question "have you recently started intercourse without really wanting to". Many also answered that they did not feel like having intercourse at first but came around to it. However, percentage figures for this phenomenon could not be determined (Vannier & Sullivan 2010).
9. Changes in one's apartment's structure.
10. Changes in available information technology.

Changes in world view activities primarily in religion, art, values, beliefs and other such areas.

1. Changes in ethical values. LOVE: LOVE FOR GOD AND A GOD'S LOVE SUCH AS "HUMANS' LOVE IS FOR SOMETHING THAT IS, WHILE GOD'S

LOVE IS FOR SOMETHING THAT DOES NOT APPEAR TO BE ANYTHING": According to philosophical and THEOLOGICAL studies, forgiveness is a central form of activity within love. The following summary was drawn regarding the definitions of forgiveness:

- a. Deciding not to seek punishment onto a person or persons who have hurt one.
 - b. The forgiving person putting an end to estrangement or alienation.
 - c. Attempting to experience peace and understanding stemming from reduced blaming and looking at perceived faults as fewer personal matters.
 - d. Answering perceived injustice with compassion and benevolence.
 - e. Deciding to free oneself from anger, hatred, grudge, or vengefulness toward those who have hurt one.
 - f. Focusing beyond bitterness by taking obsession into account.
 - g. Difficult-to-determine to nevertheless noticeable changes of heart to stop hating.
 - h. Choosing not to act upon vengeful feelings.
 - i. Cancelling debts, including non-monetary ones.
 - j. Cancelling debt obligations.
 - k. Letting go of wishing that a situation that needs forgiving would have gone differently.
 - l. Letting go of hostility towards groups of people that have hurt the forgiver's group or groups (Worthington & Wade 1999).
2. Changes related to orgasm experiences.
 3. Changes in sexual norms.
 4. Changes in routines and habits.
 5. Changes in fashion.
 6. New beliefs entering one's life, the effects of future on one's current situation or other such phenomena.
 7. Changes to traditions.
 8. Changes to public images, such as following reality television shows.
 9. Changes to one's lifestyle, e.g. future shock.
 10. Having new or strong experiences with art.

CONCLUSIONS

A significant aspect of the results of this study is how said results fit the 7x4 field. They also fit the subtitles of individual boxes. However, classifier reliability could not be calculated or otherwise verified. Another significant observation was that many studies contain summaries of previous ones. Problems with making classifications and specifications within studies of love can be paradoxical; a person communicating "I love" already requires a specific field in which to fit the message. This field thus contains an unsolved problem of which field is best suited. The concept of semantic space also comes up again. Terms related to love are placed within a semantic field in order to clarify them.

These results provide reason for including the concept of love in the 7x4 field in preventative mental health care work aimed at treating mental malaise, disorders and negative behaviour. Another significant consideration is that love is not a more or less arbitrary construct with various correlations with reality, and that there is no need for researchers to consider themselves trapped without a definition.

Bibliography

1. Aaltola, E. (2019) Häpeä ja rakkaus: Ihmiseläinluonto (Shame and Love: the Nature of Humans). Helsinki: Into Kustannus oy.
2. Andersen, P., Affin, W.A. & Guerreron, L.K. (2017) *Close Encounters: Communication in Relationships*. London: SAGE Publishing.
3. Bales, R. (1950) *Interaction Process Analysis*. Cambridge. Cambridge: Mass.
4. Bogaert, A. (2012) *Asexuality: A Brief introduction*. London: Create Space.
5. Brinkley, D. & Brinkley, K. (2008) *Secrets of the light: Lessons From Heaven*. New York: HarperOne.
6. Fredrickson, B. (2013) *Love 2.0: Finding Happiness and Health in Moments of Connection*. London: Penguin Group.
7. Gottman, J. (2018) *Seven Principles For Making Marriage Work, A practical guide from the international bestselling relationship expert*. London: Octopus Publishing Group.
8. Huttunen, J. (2001) *Isänä olemisen uudet suunnat*. Juva: PS-kustannus.
9. Häkkinen, J. (2018) *Outojen kokemusten psykologia (The Psychology of Strange Experiences)*. Jyväskylä: Docendo Oy.
10. Isotalo, K-M. (2017) "Minun kehoni oli väärin, minun haluni oli väärin" – Tosi Rakkaus Odottaa – kamppanjan vaikutukset elämään ja seksuaalisuuteen (" My Body Was Wrong, My Desire Was Wrong" -- Effects of the "True Love will Wait, Campaign on Life and Sexuality) Pro gradu thesis, University of Helsinki. Department of Theology.
11. Juvakka, E. & Viljamaa, J. (2002) *Miehen mittainen isä (Man Enough for Fatherhood)*. Juva: WSOY.
12. Kihlström, E. (2007) *Karismakoden – Sjuvägartillökadpersonligutstrålning*. Falun: Scandbook.
13. Kokko, K. (2010) *Mitä on keski-ian hyvä psykologinen toimintakyky? (What is a Good Psychological Functionality for the Middle-aged?)* *Psykologia* 4. The Finnish Psychological Society.
14. Konrath, S., Meier, B. & Bushman, B. (2014) *Development and Validation of the Single Item Narcissism Scale (SINS)*. *Plos* 5, August.
15. Kosterman, R., & Feshbach, S. (1989). *Toward a measure of patriotic and nationalistic attitudes*. *Political Psychology*, 10(2), 257–274.
16. Lennér-Axelsson, B. & Thylefors, I. (2018) *Arbetsgruppens psykologi*. Stockholm: Natur Kultur Akademisk.
17. Lombardo, E. (2014) *Better Than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love*. Seattle: Seal Press.
18. Maner, J., Aaron, D., Rouby-Gian, R. & Gonzaga, C. (2008) *Automatic inattention to attractive alternatives: The evolved psychology of relationship maintenance* *Evolution and Human Behavior* 29, 343–349.
19. Money, J. (1986) *Lovemaps: Clinical concepts of sexual/erotic health and pathology, paraphilia and gender transposition in childhood, adolescence and maturity*. New York: Irvington.
20. Moyo, D. (2010) *Dead Aid: Why Aid Is Not Working and How There Is a Better Way for Africa*. London: Penguin Books.
21. Määttä, K. & Uusiautti, S. (2014) *Rakkaus – tunteita, taitoja, tekoja (Love – Feelings, Skills, Gestures)*. Jyväskylä: Kirjapaja.
22. Rinne, P. (2009) *Towards a philosophy of love: A philosophical defense*. Helsinki: Acta Semiotica Fennica.
23. Robinson, P., Newby, T. & Hill, B. (1981) *Manipulating Parents*. Englewood Cliffs: Prentice Hall, Inc.
24. Schutzenberger, A. (1998) *The Ancestor Syndrome*. London: Psychology Press.
25. Taka-Aho, M. (2005) *Luontokokemus ja henkinen hyvinvointi (Experiences in Nature and Mental Well-being)*. Pro gradu thesis. University of Jyväskylä, Faculty of Sport and Health Sciences.
26. Tennov, D. (1979) *Love and Limerence: The Experience of Being in Love*. London: Scarborough House Publishers
27. Tammola, A. (2020) *Rakkaudenkaos (The Chaos of Love)*. *Suomenkuvalehti* 28, 10.7. pg. 36–39.
28. Vannier, S. & O'Sullivan, L. (2010) *Sex Without Desire: Characteristics of Occasions of Sexual Compliance in Young Adults' Committed Relationships*. *The Journal of Sex Research*. 5.
29. Vuokko, T. (2012) *Anna minun rakastaa enemmän. Usko romanttiseen rakkauteen ja eron ongelma naistenlehtien parisuhdejulkaisuudessa (Let me Love More. Faith in Romantic Love and the Problem of Break-ups in Women's Magazines' Stories about Couples)*. Pro Gradu thesis in Religious Science, University of Helsinki, Faculty of Humanities.
30. Weiss, R. & Schneider, J. (2014) *Closer Together, Further Apart. Carefree: Gentle Path Press*.
31. Worthington, E. L., Jr., & Wade, N. G. (1999). *The psychology of unforgiveness and forgiveness and implications for clinical practice*. *Journal of Social and Clinical Psychology*, 18(4), 385–418.

How to cite this article:

Juhani Heiska (2020) 'Types of Love in Relation to 28 Reasons for Well-Being and Malaise, or the 7x4 Field Receives Backing from Scientific Studies', *International Journal of Current Advanced Research*, 09(10), pp. 23203-23213.
DOI: <http://dx.doi.org/10.24327/ijcar.2020.23213.4596>
