



Awareness Practice: Discovering and Practicing with Your Love Symbols

1. What are some of your Love Symbols? What do others do that evokes feelings of being loved in you? Do you enjoy receiving gifts? Compliments? Someone doing something for you?
2. What are some of the Love Symbols of people who are intimate in your life? Can you recognize Love Symbols for loved ones? If not, have you asked them?
3. What special Love Symbols do you have around holidays? Decorations or music or ceremonial rituals may be important to you. Create your own holiday Love Symbols if you wish.
4. Are you aware of any Love Symbols for yourself or others that involve someone entering your boundaries, such as their telling you what to do or how to act in any way? This could include “well-meaning advice,” reminding you about things, advising you, or overwatching what you do or say.
5. If you feel discomfort in any area where someone enters your boundaries as a symbol of their love, can you think of new ways to respond that would feel self-loving? For example, instead of ignoring, resisting, avoiding, or forgetting, you might name how you feel, saying something such as, “I know you mean well, and I’d be more comfortable doing this on my own — thank you.” Or you may become aware that you are feeling pressured or resistant to their observation or suggestion, and say something like, “That might work really well for you, and I’m just different about this.” Often if you say something clearly one time, it isn’t necessary to keep repeating it.
6. Do you enter others’ boundaries as a way of expressing that you care about them? Can you tell if you are welcome? If you feel any resistance, see if you can find another way to show your caring.

To discover more about Love Symbols, go to:
SucculentWildLove.com/Symbols