

Awareness Practice: Loving Unconditionally

UNCONDITIONAL LOVE PRE-CHECKLIST

🌀 As you think of your partner, do you have a list of ways they need to change for you to be happy?

☆ Do any incidents come to mind that evoke unexpressed negative feelings?

If you answered yes to either of these, use the Inner Feelings Care System (page 86) or talk with your partner. Create Joyful Solutions.

★ Do you have permission to feel “that good”? If not, use your Inner Critic Care System (page 106).

LOVING UNCONDITIONALLY

🌀 What are your partner’s Love Symbols?

★ What are some ways you can demonstrate love to your partner every day?

☆ Which of the things that we do in our relationship appeal to you? Of course, you can do these things with everyone around you.

★ With your partner or in a social situation, visualize telling each person you love them as you look at them.

To expand your experiences of loving unconditionally, go to:

SucculentWildLove.com/Unconditionally