

UNCONDITIONAL LOVE

1. Think of someone who is challenging for you to love.
2. Write the reasons why you find them hard to love.
3. What are your thoughts about this person that prevent you from loving them more?
4. What conditions have you put on loving them? List them here.
5. What does it feel like when you have chosen not to love them?



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6. What would it be like to love them without condition?

7. List a specific example of them doing something you don't like.
What would it take and be like to love them in this moment?

8. How is unconditional love different than love? How does it serve you?

9. Is there ever a time that love is not a good choice? Why or why not?

