FEELINGS

Do you love your person of focus unconditionally? Why or why not?
Make a note below of when you do love them and when you try to withhold love from this person. Remember, their lovability is 100%, so what's your excuse when you don't love them?

How do you show up in this relationship?
Do you show up knowing that your lovability is 100%?
Do you try to get them to love you more for your sake?
How? Does it work? Why or why not?