

# UNCONDITIONAL LOVE

THINK OF SOMEONE WHO IS CHALLENGING FOR YOU TO LOVE.  
WRITE THEIR NAME HERE.

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WRITE THE REASONS WHY YOU FIND THIS PERSON HARD TO LOVE.

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WHAT ARE YOUR THOUGHTS ABOUT THIS PERSON THAT PREVENTS  
YOU FROM LOVING THEM MORE?

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WHAT CONDITIONS HAVE YOU PUT ON LOVING THIS PERSON? LIST THEM HERE.

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WHAT DOES IT FEEL LIKE WHEN YOU'VE CHOSEN NOT TO LOVE THIS PERSON?

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WHAT WOULD IT BE LIKE TO LOVE THIS PERSON WITHOUT CONDITIONS?

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LIST A SPECIFIC EXAMPLE IN WHICH THIS PERSON DOES SOMETHING YOU DON'T LIKE. WHAT WOULD IT TAKE AND BE LIKE TO LOVE THEM IN THIS MOMENT?

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HOW IS UNCONDITIONAL LOVE DIFFERENT FROM LOVE? HOW DOES IT SERVE YOU?

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IS THERE EVER A TIME WHEN LOVE IS NOT A GOOD CHOICE? WHY OR WHY NOT?

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