

Questions to Consider:

Why do I need love?

What is "unrequited love"?

What is the difference between love and lust?

Why do we "fall in love"?

Have I ever felt "unlovable"?

How well do I accept love from another person?

What stands in the way of my acceptance of love?

How do I know how to love someone?

Have I ever given love as "quid pro quo"?

Have I ever given love unconditionally?

Is it necessary for me to grieve my prior understanding of love? How do I do that?

What stands in the way of my giving love unconditionally?

How has my concept of love changed over my life?

Which concept of love is best for our Couplship?