

Unconditional Love and Relation-ship

Unconditional Love might be described as **the way in which you regard someone.** **Love is not a feeling. The experience of Love can produce feeling.** The expression of Unconditional Love toward someone can occur *within a relationship*, or *from a distance*. The qualities of Love are as follows:

- ❖ I care about you.
- ❖ I would not intentionally harm you.
- ❖ I will not judge you, criticize you, or threaten you.
- ❖ I will value and seek out fairness with you.
- ❖ I hope for the best for you.
- ❖ I will not attempt to control you.
- ❖ I will not seek out power over you.
- ❖ You can trust me in all of these ways.

***Unconditional
Love
Requires
Nothing
In Return!***

On the other hand, relationships do have requirements! **Relationships are conditional!** In fact, they are **all about** conditions! Relationships can exist with or without love. The goals for a healthy Relationship are:

- 1) To have an ongoing expression of the conditional needs and wants.
- 2) To then accept, decline, or negotiate the conditions.
- 3) To engage in an exchange of the conditional needs and wants with the **hope** that to the extent that you make efforts to meet their needs they will do the same for you.
- 4) To work **as a team** toward achieving defined goals.

Love is not a tool, a hook, or a *binding relationship contract*. **Love is a gift.**

Unconditional Love begins with a loving relationship with your-self and then extends naturally outward toward others.