

What love means to me

01 • Thoughtfulness, choice, and follow-through



Receiving and offering

Care can take different forms for different people.

I tend to feel cared for when...

What could someone actually say or do?

How could I share that preference clearly?

What would I ask about their preferences?

An offer leaves room for a different answer, including “no.”

How does effort move?

Reciprocity does not require identical contributions.

What do I contribute, and what do they contribute?

Include initiating, listening, planning, and following through.

What feels workable or unbalanced to me?

What expectations have we actually discussed?

Choose the action I control

My limit needs an action I can actually take.

Their choice	My available response
They decline my request.	I can ask about another option or decide what I will do.
They keep pressing after my answer.	I can repeat my answer, end the exchange, or choose distance.

The limit I want to hold in my real situation

What I will do if it is not respected

Choose a realistic action within my control; include support if needed.