Everyone desires unconditional love, whether they’re willing to admit it or not. Unconditional love is within your grasp, but that doesn’t mean it will be easy to achieve. Unconditional love is pure, steadfast, and accepting. If you’re willing to grow as a person, you can achieve unconditional love.

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Unconditional Love

*Worksheet*

### **Answer these questions to gain a better perspective of how to love unconditionally:**

1. What is my personal definition of unconditional love?
2. How has my ego impacted my relationships and my choice of partners?
3. Have I loved conditionally or unconditionally in the past? What are some examples?
4. What am I not willing to accept in my relationships?
5. Do I have any codependent traits? Which do I have? Is it possible that I am codependent?
6. What are my partner’s needs? What do I do each day to meet those needs?
7. What are my needs? Is my partner aware of my needs? If not, why?
8. What are my greatest obstacles to loving unconditionally? What can I do to address them?