

## **Love and Treasure This Moment of Introspection: Is Love Sacred Anymore?**

Often the way that we love with our words, the way that we love with our actions and the way that we want to love, don't match up. Take a moment to analyze how you love in order to gain some very interesting insights about your unique loving psychology. Use the information that you obtain to edify your life instead of continuing to destroy it.

### **Questions to Analyze: Is Love Sacred Anymore?**

What is one thing that you do to reduce the importance of love in your life? Why do you think that you do this? What are you running away from?

What is one thing you can do this week to prove to yourself that love is important to you?

Take a look at your life and answer this question: What do you tell yourself you "NEED" to do instead of loving your spouse and loving your children the majority of your waking hours? Is what you're doing really worth it, or is there a better way?

**Why** do you love?

When you love, what do you HONESTLY expect in return? More love? More prestige? Greater recognition? A halo? An altar? An inheritance? A steady paycheck? An alternative to a nursing home? Eternal gratitude?

What do you love **with**? Your body? Your soul? Your money? Your power? Your manipulation? Your time scraps? The 5% of your attention that you have left over after you've done everything that you consider is more important than love?

**Where** do you love? Only in public? Only in private? Excessively in public? Or in a clandestine way?

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Do you as a person honor holidays, traditions and celebrations out of love or out of obligation? If you participate in them out of obligation, why participate at all?

Do you celebrate your wedding (or dating) anniversary every year? Why or why not? Is the reason that you say you don't celebrate your honeymoon the **REAL** reason that you don't? Is that reason truly justified?

Do you keep your love for others front and center or in the back corner of your life?

What do you pursue the most in life? Happiness? Power? Riches? Love? Approval? Acceptance? Respect? Comfort?

If you could look into the future and see yourself as you'll be then, **who** would your older self say that you need to love **more** as a way of showing that you do believe that love is sacred? Why would your older self recommend that you love this person more?

What is family to you? Do you love them according to your definition of family?

What is self-love to you? Do you love yourself according to your definition of self-love?

What is marriage to you? Do you love your spouse according to your definition of marriage?

What will you do moving forward, to treat love as though it's sacred?