

Ask:

LOVE

Do I realize that a healthy form of self-love is needed in my relationships with others?

Have I freed my loved-ones to live their own lives?

Have I learned that whenever I say, "I could love you *if . . .*" I am not expressing love?

Do I know that I must love with an open hand and that anything or anyone I lose by releasing my grasp was never mine to start with?

Do I show my family members that I love them?

Am I consistent in my loving attitude toward my family?

Is sex a natural expression of the love between my loved-one and myself?

Have I faced the truth about my sexual relationship with my loved-one?

Am I open and honest in my relationships?

Do I have the courage to seek professional help about sexual problems I can't handle?

Can I detach from other people's problems and idiosyncrasies and still love them as people?

Do I know the difference between detachment and indifference?

Can I give love without seeking its return?

Do I have genuine concern for my fellow man?

Do I make an effort to remember and take an interest in special days, events and things in the lives of those who are important to me?

How often do I *tell* others that I love them?

Am I natural in my relationships with others, avoiding the tendency to be on guard to say and do just the right thing?

Can I share those whom I love, avoiding competition for another's affection?

Do I let my Higher Power work in my relationships?

Do I see gratitude as an expression of love?