

BUILDING BLOCKS OF LOVE

1. Being attracted to him/her and desiring to share their company.
2. Being excited to see the person and to be with them.
3. Feeling at ease with him/her.
4. Being friends first.
5. Sharing happy experiences with date/companion.
6. Respecting their values, personal integrity, and honesty.
7. Understanding and respecting their feelings.
8. Recognizing and appreciating all the kind things they do for you.
9. Recognizing each other's accomplishments and taking pride in them without feeling threatened.
10. Being concerned for their happiness.
11. Desiring to keep them from harm or harmful situations.
12. Showing admiration for special talents and personality traits.
13. Desiring to make them happy, even if it means sacrificing what you want to do (as long as you're not sacrificing personal values).
14. Hoping for a future together; making plans for future commitments.
15. Love.