

HOW TO FEEL LOVE



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Do you believe it is possible to feel love whenever you want to?


The truth is that if love is a feeling then it is created by your thoughts and NOT by what other people do. You can decide at any time to love someone else simply because it feels good for you.

Once you dislodge your mind from thinking you “know” how other people should behave (aka having a Manual for them), start taking responsibility for your own emotions (Emotional Adulthood) and have been clear about what you will do if someone else’s actions invades your emotional or physical property (Boundaries) you will be more emotionally empowered than 99% of people on the planet.

Choosing love is the final piece of this picture and feeling love love is for your benefit. Most of people say they want to feel love towards their partner and yet time and time again choose thoughts that lead them to feel disappointment, resentment and irritation.

Why is that?

By now you know that every negative feeling you have in your relationship is because of a thought you have around rules and expectations of your spouse. If you don't manage your own mind then you will continue to believe their actions are at the root of your pain.



What you think about someone, whether you love them or hate them is always about you.

You can see this in action when you watch any reality T.V. competition. Listen for the times the judges disagree. One judge will think the person is creative and stunning, another will say the same person is tacky and unpolished.

They are talking about the SAME PERSON, but both seeing two different things through two completely different sets of lenses, styles, life experiences etc. You as the viewer will likely have a third opinion.

No one can say with certainty who is right.

The same thing you find attractive in a partner another person might think is a huge flaw.

So when you like or dislike something or someone it is empowering to own that personal choice and not pretend it is you seeing “the truth” of their essence or nature, but you are choosing to feel that way based on your thoughts and not based on facts.

Again it isn't someone else's actions or words that determine how you feel, it is your thoughts ABOUT those actions or words that do. If it weren't true, we would all like and dislike the same things.



WHY CHOOSE LOVE?

Because it is for you and it feels good.

It is a way to gift yourself the experience you want to have and feel the way you want to feel on purpose.

Sometimes you might want to choose to feel sad or disappointed, but once you know you have a choice, you will probably choose to feel love.

Just remember it is totally up to you and it is always a choice.

And if you think that choosing to feel anger and resentment is the way to go, keep in mind that your feelings don't create anyone else's feelings.

Their thoughts create their feelings so if you are trying to punish someone with your suffering, the only one you punish is yourself. Feeling those things only hurts you.

And feeling love is really only for you too.

To help you take this work further complete the following worksheets;



FEELING LOVE

**WRITE THE NAME OF THE PERSON YOU WANT TO
FEEL MORE LOVE FOR:**

**WRITE THE REASONS WHY YOU FIND THEM HARD
TO LOVE RIGHT NOW:**




**WHAT ARE YOUR THOUGHTS ABOUT THIS
PERSON THAT PREVENT YOU FROM LOVING
THEM MORE?**

**WHAT CONDITIONS HAVE YOU PUT ON LOVING
THEM? LIST THEM HERE:**



**WHAT DOES IT FEEL LIKE WHEN YOU'VE CHOSEN
NOT TO LOVE THEM?**

**WHAT WOULD IT BE LIKE TO LOVE THEM
WITHOUT CONDITION?**



**LIST A SPECIFIC EXAMPLE OF THEM DOING
SOMETHING YOU DON'T LIKE. WHAT WOULD IT
TAKE AND BE LIKE TO LOVE THEM IN THIS
MOMENT?**

HOW WOULD LOVING THEM SERVE YOU?

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**IS THERE EVER A TIME WHEN LOVE IS NOT A
GOOD CHOICE? WHY OR WHY NOT?**
