

"I love you."

When three words just aren't enough

Sometimes I don't say "I love you" because I...

- ☐ forget to say it.
- ☐ have a hard time saying it.
- ☐ am afraid you'll blow me off.
- ☐ am too embarrassed.
- ☐ am too self-conscious.
- ☐ struggle with the concept.
- ☐ take you for granted.

- ☐ don't always feel it.
- ☐ don't want to scare you off.
- ☐ know that words aren't enough.
- ☐ know it feels like pressure.
- ☐ worry that I say it too much.
- ☐ other

And sometimes when I do say it, it's...

- ☐ more of a reflex.
- ☐ too little too late.
- ☐ in a joking way.
- ☐ a lot like a hit-and-run.

- ☐ when I've screwed up.
- ☐ so you will stop hating me.
- ☐ other

But right now, I am saying it because...

Why now?
Be specific.



- ☐ I know I haven't been...

- ☐ I know I've been...

- ☐ I want you to know that...

- ☐ I had a dream about...

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I am saying it because... (CONT'D)☐ I've been feeling...☐ I'm realizing that...☐ I'm appreciating how...☐ too often, I...☐ I was thinking about...☐ other**So thank you for...**☐ being patient with me when...☐ putting up with...☐ helping with...☐ encouraging me to...☐ being by my side when...☐ not making a big deal out of...☐ making me feel...☐ sticking up for me when...☐ waiting on me when...☐ making sure that...☐ always being the first to...☐ agreeing to...

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So thank you for... (CONT'D)☐ including me in...☐ remembering...☐ listening when...☐ other**I hope that by being more specific you'll...**

- ☐ believe me when I say it.
- ☐ stop putting up walls.
- ☐ keep telling me how I can love you better. (I'm still learning.)
- ☐ take in my compliments.
- ☐ stop second-guessing my intentions.
- ☐ feel less self-conscious.

- ☐ stop telling me you're 'too' something, or 'not' enough something else.
- ☐ stop listening to everyone else and follow your heart.
- ☐ understand this is serious.
- ☐ other

The truth is ...

- ☐ I've been impossible lately.
- ☐ everyone knows you're a saint for putting up with me.
- ☐ I wish I could do it all over again.
- ☐ your love is the only reason I got through this.
- ☐ I should have trusted you.
- ☐ I should have told you sooner.

- ☐ I'm sorry I ever hurt you.
- ☐ I can't imagine being with anyone else.
- ☐ you've taught me how to be a better lover.
- ☐ I love that you insist on being treated well.
- ☐ other

But words aren't enough. How about if I...

Offer a gift of kindness,
service, or affection.

A large, empty light blue rectangular box with a black border, intended for writing a message.

Thanks for being

A light blue rectangular box with a black border, intended for writing a name or description.

Signed:

A light blue rectangular box with a black border, intended for writing a signature.