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Each day that my partner and I spend together, ***I am conscious of the many things they do to show their love for me.*** I watch them go above and beyond to make sure I know that I am secure with them. I feel safe and loved when I am with my partner.

When I have a concern, I raise it to my partner. They listen as best they can, and then try to give me whatever kind of support I ask for.

Sometimes, they know what I need even before I ask for it. Because I pay attention to their acts of kindness and caring, I feel increasingly secure in their presence.

My partner shows their love to me in many other ways, too. Sometimes they do this in little ways, such as lending a hand when I was not expecting help. At other times, they show me in big ways, such as making a compromise or sacrifice so I can have what my heart most desires.

My partner puts me first again and again.

Sometimes my partner feels very busy with their life and needs to focus on things other than me. I know that this is temporary, and I wait patiently for the storm to subside. When their busyness passes, they again put forth great effort to ensure that I feel safe and loved. I am so honored by their kindness toward me.

Today, I am thankful for all the ways my partner shows their love to me. I know that they work hard to treat me with their utmost kindness and consideration. And I do the same in return.

Self-Reflection Questions:

1. In what ways does my partner show their love for me?
2. Are there ways in which I can show love to my partner today?
3. What can I do to feel more secure with my partner on a daily basis?