

“Loving someone for who they could be will blind us to who they are”

Love is fuel, not glue

“What we have to recognise is that relationships are living things that need to be fed, nurtured and taken care of for as long as we want them to live. Love isn’t the glue that keeps us together; it’s the fuel that keeps us working on it. We either grow together or grow apart.”

LOVING SOMEONE IS ENOUGH TO WORK ON KEEPING THEM AROUND

Share Experiences

Feeling the relationship, new shared experiences will strengthen what you have between each other

Don't test each other

Value your partner

Trying to change our partner and manipulate them into being something they're not will block pathways of love.

Intentions or expectations

Settling intentions isn't about knowing the right direction to head toward; it's about heading forward. Love requires movement and progress, and it's okay if we don't know where we're going; we adjust as we go.

Sex Sex Sex

Your sex life, very much like the rest of your relationship, has to get better over time, not worse.

Forgive. Forgive. Forgive.

There won't be a happily ever after, but there can definitely be happily continuing to work on it. Love isn't the breeze that pushes us across the ocean; it's the awareness that keeps us adjusting the sails

A change of thinking, Love - as in HOW TO BE LOVE(D), a book by Humble the Poet (aka Kanwer Singh), a Canadian-born artist, rapper, spoken-word poet and author

The book is the work of questions and a questioner, Love, he says: "*If we dig to the root reason of why we do anything in our lives, IT'S BECAUSE OF LOVE (capitals, mine)*"