

When is the last time you tell yourself “I love you?”



By Rose Ann Jaim

Love has been defined in many different ways. In Google search, it says that it is an intense feeling of deep affection or a great interest and pleasure in something. But love in reality has deeper meaning.

Try going back to the first time you fell in love. Can you still remember that intense and electrifying like feeling whenever you see

someone? Some may even quote it as if “you feel like you’re in heaven.” The excitement and happiness is all over you especially when it is being returned. And at the same time, you feel sad and frustrated if it doesn’t come back to you.

You can define love in so many artistic ways but experiencing it will give you the real feel of it. It is much more complicated in ways you never expect it to be. And the only way for you to truly love someone is to start loving yourself. You can only give what you have.

True love is unconditional. It is when you learn to forgive yourself even if you think that you don’t deserve it. It is when you become proud of your achievements and recognize your failures. It is when you continue to trust yourself even at the darkest hours of your life. And it is when you commit to support and cheer for yourself even when no one is there for you.

When you are able to do these things for yourself, you can definitely do it for someone. So make sure to always have a full tank of self love because you can only give what you have. When is the last time you tell yourself, “I love you?”