



The 8 Pillars of Unshakable Love

"Because lasting love is built, not born."

Listen to Understand, Not to Reload

Pause before you respond. Hear the heart, not just the words.

Fight Fair — Win Each Other Back

No name-calling. No score-keeping. No history lessons from 20 years ago.

Date with Intent, Not Expense

Connection comes from attention, not price tags.

Say 'I Love You' and Show It Daily

Love is a verb spelled T-I-M-E, T-O-U-C-H, T-R-U-S-T.

Create and Respect Boundaries

Healthy relationships thrive where boundaries are honored, not tested.

Take Time to Hold Hands

Small touches keep big hearts connected.

Demonstrate Non-Sexual Intimacy

Affection isn't just physical — it's emotional safety expressed through gentle connection.

Speak with Intent

Let your tone, timing, and words show love as clearly as your actions.

The Fair-Fight Formula

"I feel _____ when _____ because _____. What I need is _____."

Practice speaking calmly and listening fully before responding.

The Listening Exercise

- Partner A talks for 2 minutes about something they appreciate or something that frustrates them.
- Partner B listens without interrupting.
- Partner B repeats back: "What I hear you saying is..." then validates: "That makes sense."
- Switch roles.

The Date-Night Challenge

Come up with 3 free or low-cost date ideas. Be creative!

1. _____
2. _____
3. _____

Final Reflection

"Unshakable love isn't perfect love — it's practiced love."

Commit today to listen better, fight fairer, and love deeper.

Free Resources

Download the Unshakable Tools Kit at UnshakableVows.com

– Listening Guide – Fair-Fight Rules – 20 Free Date Ideas