

Love That Lasts

A Couples Reflection on Consistency, Safety, and Choosing Each Other

1. When do you feel most loved by me?
2. What small, consistent action makes you feel safe and secure in our relationship?
3. One way we've grown together over time is:
4. What does emotional safety look like for us?
5. One intentional way we can choose each other more consistently is:

Lasting love isn't built in a single moment—it's built in daily choosing.