

## Some ways to say “I love you”



Say it, go ahead and say, "I love you". I think these words are said too infrequently. I think they are the most powerful words in our vocabulary. Unfortunately, my family never said them. They loved me dearly, but I was only shown that by their actions, and never, by their words. We didn't hug either. When I first told my grandmother I loved her, she thought I was talking to the dog! Say the words now, because you can't say them after your loved one is gone. I always say "I love you" back to those who have the strength and vulnerability to say it to me. What bothers me is when people say they love me, and all of their actions say the opposite. I wonder if they love me like I love ice cream, a good song, or "sunshine on a cloudy day"? In addition to saying the words, consider the many other ways you can say "I love you":

### Some ways to say “I love you”

- Compliment Them Sincerely
- Give a Long Hug
- Write a Heartfelt Note
- Surprise Them with a Gift
- Hold Hands
- Plan a Special Date
- Listen Attentively
- Run Errands for Them
- Take Care of Them When They're Sick
- Plan a Weekend Getaway
- Cook Their Favorite Meal
- Leave Sweet Messages
- Support Their Dreams
- Do a Chore They Dislike
- Make Them Breakfast in Bed
- Give a Massage
- Spend Quality Time Together
- Remember Important Dates
- Encourage Their Interests
- Give Them Space When Needed
- Surprise Them with Their Favorite Treat
- Help Them with a Project

Stay Up Late to Talk  
Be Their Biggest Cheerleader  
Show Physical Affection  
Protect Their Secrets  
Buy Them Flowers  
Watch Their Favorite Movie Together  
Pray Together  
Respect Their Opinions  
Stand Up for Them  
Be Patient with Them  
Hold Them Close During Tough Times  
Teach Them Something New  
Celebrate Their Achievements  
Listen to Their Favorite Music Together  
Take an Interest in Their Hobbies  
Simply Be Present