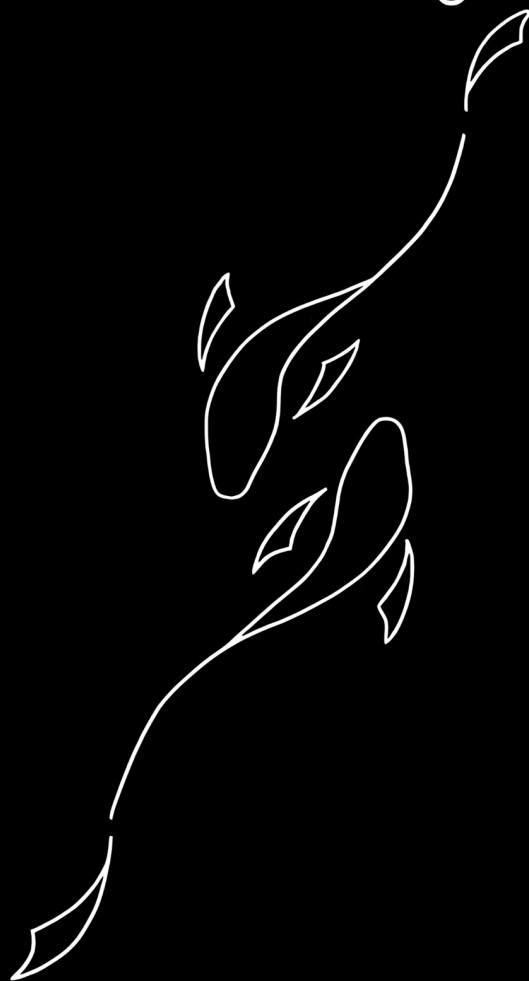


EXPRESS

*when to say
I Love You*



VIBHAV

EXPRESS

When to say I love you
a nonfiction

Sample Manuscript

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I: The Meaning of "I Love You"

"I LOVE YOU." Three little words that carry so much weight and meaning. But what does it really mean to say "I love you"?

"I" - this part is pretty straightforward. It means "ME". As in, the person who is saying these words. "LOVE" - this is where things get a little tricky. Love can mean a lot of different things to different people. It can mean you feel warm and fuzzy inside when you're with someone. It can mean you're willing to put up with their annoying habits. It can mean you're ready to share your life with them, through thick and thin. Or, it can just mean you really, really like their face. "YOU" - this is the person to whom you're directing your love. Hopefully, it's not a stranger on the street or your pet goldfish.

So, when you put it all together, "I love you" means something like *"Hey, you! Yeah, you, the person I'm looking at right now. I have some pretty strong feelings for you. They might be warm and fuzzy, or just really fond. But whatever they are, I want you to know that I think you're pretty great."*

Of course, there are many different ways to say "I love you". You could say it with flowers, or a romantic dinner, or by letting them have the last slice of pizza. Or, if you're feeling really adventurous, you could say it in another language. Like, *"Je t'aime"* (French), or *"Ich liebe dich"* (German), or *"Wo ai ni"* (Mandarin Chinese). Just be sure to double-check the translation first, so you don't accidentally tell someone you love their shoes instead of them.

You see, LOVE is tricky little emotion that makes our hearts skip a beat and our brains turn to mush. It's like a rollercoaster ride, with all its ups and downs, twists and turns, and the occasional moment where you want to throw up.

Attraction, infatuation, and desire may all lead you to love, but they are not love themselves. *ATTRACTION* is like the initial spark, the *"oh, hello there"* moment that catches your eye. *INFATUATION* is like a crush, where you can't stop thinking about that person and daydreaming about your life together, even if you've never actually spoken to them. And *DESIRE*? Well, that's just a fancy word for horniness.

But love? Love is something else entirely. It's like a warm, cozy blanket that you wrap around yourself on a cold winter's day. It's the feeling of being truly seen and accepted by someone, flaws and all, and still feeling like the luckiest person in the world. It's the shared experiences, the inside jokes, and the memories that you create together. And, of course, it's also the occasional argument, the making up, and the joy of knowing that you're in it for the long haul.

Love is a complex and multifaceted emotion that can be difficult to define with just a single meaning. However, one possible way to conceptualize love is to think of it as a garden.

Just as a garden requires attention, care, and nurturing to grow and flourish, so too does love require effort, patience, and understanding to thrive. Love requires the seeds of affection, respect, and trust to be planted, and it requires consistent watering and pruning to ensure that those seeds can take root and bloom.

Like a garden, love can also face challenges and setbacks. Just as a garden may be threatened by pests, drought, or other environmental factors, love can be tested by disagreements, misunderstandings, and life's many obstacles. But with the right care and attention, love can weather these challenges and emerge even stronger and more beautiful than before.

Finally, just as a garden can bring us joy, peace, and a sense of connection to the natural world, so too can love bring us happiness, fulfilment, and a deep sense of belonging. Like a garden that we tend and nurture over time, love is a precious and rewarding gift that requires dedication and effort, but which can ultimately enrich our lives in countless ways.

The many flavours of love - it's like a buffet, but instead of food, it's emotions. Let's dig in!

First up, we have ROMANTIC LOVE. You know the kind where you get all googly-eyed and can't stop thinking about that special someone. It's like a never-ending game of "*he loves me, he loves me not,*" but with a lot more butterflies in your stomach and a lot less flower petals.

Then there's PLATONIC LOVE, which is like romantic love, but without the romance. It's the love you have for your friends, your family, and your pets. It's the kind of love that makes you

want to give them a big ol' hug and tell them how much they mean to you, but then you remember that personal space is a thing and settle for a high five instead.

Next up, we have SELF-LOVE, which is exactly what it sounds like - loving yourself. It's like being your own cheerleader, your own therapist, and your own best friend. It's the kind of love that lets you rock a questionable outfit and not care what anyone else thinks, because you know you look fierce.

And let's not forget about the love of food, which is a whole other category entirely. It's the love you have for pizza, tacos, and ice cream - the kind of love that makes you want to eat an entire pint of Ben & Jerry's while binge-watching your favourite show.

So, whether you're in the mood for a little romantic love, some platonic love, some self-love, or just a big old plate of spaghetti, there's a type of love for everyone. And remember, it's okay to love yourself and your favourite snacks equally - I won't judge.

2: The Power of Love

Love can also be a powerful motivator that inspires us to pursue our goals and dreams. Think about it: when you're in love, you'll do just about anything to make your significant other happy. You'll spend hours cooking their favourite meal, plan elaborate dates, and even watch their favourite TV shows (even if you don't really like them).

But that's just the tip of the iceberg. When we're in love, we want to be the best version of ourselves for our partners. We want to impress them, show them what we're capable of, and make them proud. And that can translate to other areas of our lives too.

For example, let's say you're in love with someone who is really passionate about environmentalism. You might start to get interested in the cause too, and want to learn more about how you can make a difference. You might start recycling more, biking to work instead of driving, and even join a local environmental group.

Or maybe you're in love with someone who is a successful business owner. You might be inspired to start your own business, or work harder to climb the ranks in your current job. You might take on extra projects, read business books, and network like crazy to make your dreams a reality.

Of course, love can also be a double-edged sword. If your love interest isn't supportive of your dreams, or if you're sacrificing too much for them, it can be detrimental to your goals. But if you find the right partner who encourages and inspires you, the sky's the limit.

Love is a beautiful thing, isn't it? It can make you feel like you're walking on clouds, like you're on top of the world, like you're invincible. But let's be real here, the power of love can also make you do some pretty ridiculous things.

Like, have you ever been in love and suddenly become an expert in astrology? You're checking your horoscope every day, analyzing your love compatibility with your partner based on the alignment of the planets. Or maybe you've written a love letter so cheesy that it could make even a lactose intolerant person cringe.

And don't even get me started on the lengths people will go to for love. I mean, have you heard of those crazy stunts people pull off to propose? Like the guy who proposed to his girlfriend by jumping out of an airplane with a sign that said "Will you marry me?" Talk about taking things to new heights.

And let's not forget the embarrassing things we do in the name of love. We've all been there, sending that risky text, making that awkward move, only to be met with crickets. But hey, at least you can say you tried, right?

Now, let's talk about the physical benefits of love first. When we're in love, our bodies release a whole bunch of hormones that make us feel all warm and fuzzy inside. I'm talking about dopamine, oxytocin, and endorphins, just to name a few.

These hormones are like little love drugs that flood our brains and make us feel like we're on cloud nine. They can also have some pretty interesting physical effects on our bodies. For example, our heart rates can increase, our palms can get sweaty, and our faces can turn bright red. So if you're looking for a natural way to get a cardio workout, just fall in love!

But that's not all, folks. Love can also have some emotional benefits too. When we're in love, we feel more connected to others and less alone in the world. We have someone to share our joys and sorrows with, and we feel like we have a partner in crime to tackle life's challenges with.

Love can also make us more compassionate and kind towards others. We're more likely to go out of our way to help someone in need when we're in love, and we're more patient and understanding when things don't go our way.

Of course, there are some downsides to love too. Like when you're trying to concentrate on work but all you can think about is your crush, or when you're up all night wondering if they like you back. And let's not forget the heartbreak that can come when love doesn't work out.