



# Spiritual Mechanic

## Unconditional Love Intensive

This series of worksheets is designed to help you build the unconditional love muscle. As a review, unconditional love is defined as:

The ability to feel love for anyone at any time without a reason.

This means you are capable of feeling loving towards

- yourself regardless of whether think you deserve it
- your friends and family even when they mess up or are unkind
- strangers who do wrong in the world

Please keep in mind that love does not mean you are a doormat or do not create healthy, strong boundaries when necessary. It means the exact opposite.

Unconditional love refers to your ability to **feel** love, and sometimes the most loving actions you can take involve setting boundaries, saying “no” and allowing yourself the proper space so you can experience safety physically, emotionally and spiritually.

There are three “levels” of exercises below. The “Love” exercise helps you feel more love for those you already feel love for.

The “Don’t Like” exercise helps you feel love for those you don’t like (maybe they hurt you?)

Finally, the “Hate” exercise helps you feel love for those who you strongly dislike or who have grievously harmed you or others.

If you’d like to work on forgiveness, the [Forgive the Shit Out of Your Life course can be found here](#).



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## **“Love” Exercise**

In the exercise below, write your responses in the spaces provided or use a separate piece of paper to journal.

**Write the name of someone you love below.**

**Close your eyes and see their face in your imagination as best you can. What do you feel?**

**What are your favorite traits about them and why? Go into detail and feel the love you have for the.**

**Can you allow yourself to love them BECAUSE they are the way they are? Write your authentic response below.**



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## **“Don’t Like” Exercise**

In the exercise below, write your responses in the spaces provided or use a separate piece of paper to journal. Just be honest – there’s no need to censor or make sense of it.

**Write the name of someone you don’t like below.**

**Close your eyes and see their face in your imagination as best you can. What sensations, emotions or memories come up for you?**

**Why do you hold back the emotion of love from them? What do you believe it can accomplish?**

**Who is hurt more by you not experiencing love – you or them?**

**Would you be willing to love them, anyway? Give yourself permission to say “yes” or “no”... forced love is not love.**



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## **“Hate” Exercise**

In the exercise below, write your responses in the spaces provided or use a separate piece of paper to journal. Just be honest – there’s no need to censor or make sense of it.

**Write the name of someone you don’t hate below. If you don’t hate any specific person, choose a type of person you hate: animal abusers, child molesters, murders, etc.**

**Close your eyes and see their face in your imagination as best you can. What sensations, emotions or memories come up for you?**

**Why do you hold back the emotion of love from them? What do you believe it can accomplish?**

**Who is hurt more by you not experiencing love – you or them?**

**Would you be willing to love them, anyway? Give yourself permission to say “yes” or “no”... forced love is not love.**