



Can saying I love you too much ruin our relationship? Weve all heard the phrase too much of a good thing can be bad before, and it turns out that expressing love and affection can also fall under that category. So if youre someone whose partner does this, or maybe youre the romantic in the relationship who feels that they need to say it daily, keep reading! Lets find out if this could potentially be ruining your relationship? It might seem strange at first- after all, but whats wrong with expressing love and affection to your partner with I love you s.First, saying I love you too frequently can make you feel insincere or even robotic. If you say it all the time, it loses its meaning and specialness. As a result, your partner might start to feel like youre just going through the motions rather than expressing a genuine sentiment. Additionally, constantly saying I love you may create expectations in the relationship. Your partner might start to feel like they have to say it back every time, even if they dont feel like it at the moment. This can lead to resentment or a feeling of obligation rather than genuine affection. How Much is Too Much is Too Much is Too Much to Say I Love You? After reading that, youre probably wondering how much is too much when it comes to saying I love you in a relationship. Well, the answer is a bit complicated, as it depends on the individuals involved and the dynamic of their relationship. It comes down to personal preference and what feels natural to you and your partner. That being said, there are a few signs that you might be saying I love you too much. Here are some of those signs: If youre constantly saying it without reason. Your partner may seem uncomfortable and overwhelmed when you say it. They dont say it as much as you. Does It Depend on the Partner as Well? So when it comes to saying I love you in a relationship, its important to remember that everyone is different. Thats why its crucial to understand your partners feelings and boundaries. If your partner seems uncomfortable and overwhelmed by all the attention, it might be a sign that you need to just pull back a little bit. On the other hand, if your partner is more vocal, then it is OK for you to reciprocate that. The key to any successful relationship is to communicate openly and honestly with your partner. Of course, this goes for how you both feel and prefer expressing your love. Maybe you come to a compromise where you say I love you once a day or only in certain situations. Or maybe you find other ways to say you love and appreciate each other without relying solely on verbal affirmations. Is Saying I Love You Too Early a Red Flag?Sometimes people get so wrapped up in love that they say I love you incredibly early in a relationship. Is this bad?Well, there is no hard and fast rule about when its appropriate to say these three words. There are some situations where it might be seen as a red flag. Here are some of those: If they say it after just a few dates Youve gotten to know the other person It could be a red flag, but you have to be honest and communicate your feelings when you feel them. Just make sure that youre not saying the words hopped up on the intoxication of a new relationship. Should You Talk About It With Your Partner? Whether youre the person saying it too much, its always important to be very open and honest with your communication. It can be an uncomfortable conversations must happen. When you do approach this conversation, make sure youre clear and specific about whats bothering you. Then its important to listen to both perspectives and determine how to move forward. Final Thoughts on Can Saying I Love You Too Much Ruin a Relationship Saying I too early is not necessarily a red flag, saying it too early is not necessarily a red flag, saying it too early is not necessarily a red flag. relationship. So just be open and honest with how you feel at all times. Maintaining affection inarelationship isall about balance. While saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always be enabled of the saying llove you will always gestures and thoughtful actions report higher levels ofsatisfaction. Inother words, its not just about what you sayits about how you showit. So, whether its through meaningful phrases, spontaneous hugs, orlittle acts ofkindness, the key istokeep things fresh and genuine. relationship. Finding alternatives to Ilove you isnt about replacing the phraseits about enhancing the way you express your feelings. By exploring new ways of showing affection, whether through words, touch, orthoughtful actions, you can keep your relationship dynamic and full of life. Ready to upyour affection game? Start by trying out some of these tips and see how they transform your connection. Because when itcomes tolove, the little things truly make the biggest impact. It is inappropriate to say I love you in two major circumstances: too early and when you dont mean it. Men tend to confess love earlier than women and are happier to receive confessions of love from a partner. Women often want to hear I love you repeatedly, whereas men often believe they shouldn't say it often. "Love they neighborand if he happens to be tall, debonair and devastating, it will be that much easier." Mae WestThe declaration I love you usually expresses a genuine and profound attitude. But what is the best way to do so?Confessing Your LoveI just called to say I love you, and I mean it from the bottom of my heart. Stevie Wonder Religions and moral attitudes praise love. However, a romantic declaration of love our neighbor, not to fall in love with the neighbors wife. Expressing ones love is highly desired in romantic relationships, where the wish to love and be loved is central. Confessing your love, which signals a future commitment, can be expressed verbally, though more so through actual behavior, since deeds speak louder than words. A major problem in saying I love you is timing, particularly, whether it is too early: if sufficient time has not been allowed for profound love to develop, it may be confused with intense lust. Love develops at different individuals; hence your partner may not be able to reciprocate your love. An additional consideration is that of insincerity when people use a confession of love to gain other, mainly sexual, benefits (Ben-Zeev, 2019, and here). The constitutive role of time in romantic love is expressed in two major sexual cooling-off behaviors: Playing hard to get fans the flames of sexual desire and love. The need to invest more time (and other resources) is a good measure of sincerity and seriousness. The in due course policy does not necessarily doubt the lover's sincerity but rather assumes that time is essential for nurturing love and establishing, mutual suitability. In both cases, love must be "earned" and "proven," by investing time (see here). When Is the Best Time to Say I Love You in a New Relationship?When you've allowed connection to build gradually, the words I love you feel natural and the timing is optimal. Rene WadeHere are a few responses (from Reddit) to the question: When is an acceptable time to say I love you? The best time to tell someone is in the moment where it perfectly expresses your feeling. Theres no right time. Its better to say it sooner rather than later. A man Say it when you mean and feel it. A womanI told the guy I loved him after 2 weeks of dating, he actually said it back too. Been together 6 years, and still madly in love with him. A womanI asked a girl to marry me after 2 weeks. I haven't seen her since. A manI pretty quickly realized I was in love with my current boyfriend, but didnt want to say it too soon in case it was just lust disguised. We ended up waiting nine months; turns out he was just scared to say it too. A woman I would want to say it as soon as I truly felt it. In this case, 2.5 months was completely fine. I think that was enough time to fall for someone. A womanThese responses indicate the value of expressing your love when you feel it. In these circumstances, the danger of saying it earlier is lesser than saying it later. Even if your partner does not yet feel the same way, they may say something like, "I'm just not there yet," or just say, Love you, which is less profound than I love you. Another possible response might be, Im falling in love with you, which establishes the direction youre going and sets expectations. Although both men and women agree on the hurtfulness of non-reciprocal responses, they indicate that they would most likely say I love you, more in English than in their native language. This code-switching occurs particularly in situations where topics in the first language are emotionally charged and become more approachable in a second language (Wilkins & Gareis, 2006). Here are a few common circumstances in which you usually should not say I love you: Too early in a relationship; when youre very emotional and cannot think rationally; when you just echo it back out of politeness; when filling silence or avoiding awkwardness; when expecting something in return; before, after, or during sex; when not ready to commit; when there is nothing else to do. Gender differences also exist. Men tend to declare their love earlier than women and are happier than women to receive confessions of love from a partner (Ackerman, et al., 2011). According to one survey, men take an average of 88 days to tell a partner they love them compared to just 23% of women. Another study found that across different nations, men were more likely than women to first confess their love. In not being first, women avoid the greater costs of a potentially poor mate choice by setting a relatively higher threshold than men. However, no association was found between initial confessions of love and emotional responses to them (Watkins, et al., 2022). Saying, I want to have sex with you, is, unsurprisingly, more problematic than saying I love you. The former may be perceived as indicating the absence of romance. Moreover, unlike a declaration of love, having sex requires consent and reciprocity; accordingly, stating your wish for sex may be insulting. Hence, saying I want to have sex with you, is often not said directly, especially not in the first stages of the relationship. When Is the Best Time to Say I Love You in Ongoing Relationships? A woman complains to her husband, "Why don't you ever say you love me?!" The man replies: "But I already told you once. If something changes, I will let you know." A well-known jokeIn ongoing relationships? A woman complains to her husband, "Why don't you ever say you love me?!" The man replies: "But I already told you once. If something changes, I will let you know." A well-known jokeIn ongoing relationships? relationship. Timing is pivotal for romantic intensity when initiating the relationship, whereas time, essential for romantic profundity, is more significant in ongoing relationships, where duration is crucial for developing romantic profundity and frequency for revitalizing romantic intensity. Richard Wilkins and Elisabeth Gareis claim that in ongoing relationships, women want to hear affirmations of love from their partners as often as possible. However, men believe love should be treated preciously, so they dont say it, then women may think that their lover doesnt love them anymore. Anyway, married couples express love verbally less than new couples (Wilkins & Gareis, 2006). To summarize, if partners are genuinely in love with each other, there is no right or wrong time to say "I love you, though it does not mean that you should say it endlessly. Too much of a good thing may make it meaningless. It is usually inappropriate to say I love you in two major circumstances: (a) when said too early in the relationship, thus not letting time make the loving attitude more profound, and (b) when you do not feel this way and use it for other ends, e.g., sexual benefits. Generally, reciprocal disclosure is predictive of healthy relationship outcomes such as closeness, satisfaction, and trust (Willems, et al., 2020). Regardless, confessing your love too early is less problematic than confessing it too late. And you can always follow The Partridge Family in shouting, I think I love you. Facebook image: Dragana Gordic/Shutterstock References Ackerman, J. M., Griskevicius, V. & Li, N. (2011). Let's get serious: Communicating commitment in romantic relationships. Journal of Personality and Social Psychology, 100, 1079-1094.Ben-Zeev, A. (2019). The Arc of Love: How our romantic lives change over time. University of Chicago Press.Blomquist, B. A., & Giuliano, T. A. (2012). Do you love me too? 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Emotion expression and the locution I love you: A cross-cultural study. International Journal of Intercultural study. International Journal of you need from a therapist near youa FREE service from Psychology Today. Atlanta, GA Austin, TX Baltimore, MD Boston, MA Brooklyn, NY Charlotte, NC Chicago, IL Columbus, OH Dallas, TX Denver, CO Detroit, MI Houston, TX Indianapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, KY Memphis, TN Miami, FL Milwaukee, WI Minneapolis, MN Nashville, TN New York, NY Oakland, CA Omaha, NE Philadelphia, PA Phoenix, AZ Pittsburgh, PA Portland, OR Raleigh, NC Sacramento, CA San Jose, CA Everyone likes to hear those three magical words. They make you feel special, wanted, important, and loved. But is there a thing as saying I love you too much? What happens when you say I love you too much? What happens when you say I love you too much? they are meant and when theyre not. The hearer is expected to reciprocate by saying those words and meaning them. Ideally, both partners should mean and feel it when they declare their love for each other verbally. But theres more to the story. When you focus on the mental states of the speaker and the hearer of those words, you realize how intuitively aware that you cant feel strong emotions all the time. So, saying I love you too much, even if you mean and feel it, can come across as insincere. It also puts the hearer under pressure to reciprocate. Sure, they may not be feeling what youre feeling in the moment. They may not feel the need to say it. Hence, theyre forced to say I love you back even when they dont feel it. It doesnt mean they dont feel it and say it. You both mean it. Theres no pressure of any kind. It comes out naturally. Another problem with saying I love you too much is that it can quickly become a routine. When something becomes routine, we take it for granted. When you get a new phone, you value it highly. Youre careful not to break or drop it. A few months later, you throw it around and drop it often. You dont value it as much. In psychology, getting used to things this way is called habituation. It happens with everything, including the words you like to hear. The more you have something is, the more you appreciate it. At the same time, you dont want to keep those words so scarce that your partner feels unloved or has doubts about the relationship. You have to hit that sweet spot between saying it rarely versus saying it too often. What drives someone to say I love you constantly? Other than feeling the need to say it, following are possible reasons for this behavior: People feel insecure in relationships from time to time. Saying I love you too much can be a way to seek reassurance that your partner loves you too. When your partner says it back, you feel more secure in the relationship. When youre afraid of losing your partner, you may say I love you too much, in this case, is a way to grab their hand and pull them back to you figuratively. Similarly, clingy partners say I love you often. Its the anxiety of losing their partner that makes them say it more than love. People know it feels good to hear those three magical words. So, your partner may try to make you feel good by saying those words. They may do this because they have bad news for you and want to take the edge off. Or because they feel guilty and want you to lessen the punishment. People like free stuff, but they dont value it. Ive downloaded plenty of PDFs on my computer for free from here and there on the internet. I hardly look at them. But the books I buy, I read. When you pay for stuff, you have more skin in the game. You want to make your financial sacrifice worthwhile. Similarly, saying I love you freely and too much reduces its value. Its no longer powerful and magical, you must ensure that it hits hard when you say it. The simple rule to remember is to say it when you feel it. Since we dont feel strong emotions 24/7, this will automatically ensure that you dont oversay it. Saying it when you both feel it is much better, but its not always easy to gauge your partners emotional state. To keep those magical three words magical, you have to say them unexpectedly and in creative ways. Avoid turning declaring your love into a routine. I have a friend on Facebook whos very intelligent. He constantly criticizes my posts. I wouldve dismissed him as some hater, but I didnt because his critiques were thoughtful. I hardly got any validation from him, and I thought I didnt care about his validation at all. But boy, was I wrong! He praised one of my posts for the first time, and let me tell you- that hit hard. Like really hard! I was shocked. I thought I didnt care if he liked or didnt like my stuff. But I enjoyed his validation. Why? Its because he made his validation so rare. In fact, invalidation or criticizing was his default. I hated my mind for loving the validation. It was embarrassing. But the mind wants what it wants and loves what it loves. Now, Im not suggesting you invalidate your partner. Some dating gurus preach that. It cant work unless your partner respects you in some way. Remember, I considered my Facebook friend intelligent. Thats a big reason why his invalidation-invalidation-invalidation at all. Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies, you agree to our use of advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. If youre finding yourself saying I love you too much, or have noticed someone else doing the same, youve come to the right place. Lets look at what can happen when we overuse these words. If you say I love you too much, you might start to feel like youre not expressing your true emotions. You might feel like youre just saying the words because you think thats what youre supposed to do. Over time you may start to feel like youre not being honest with yourself or your partner. No matter what the situation is, how you handle this problem is up to your relationship and what you truly feel. Be honest with yourself do you love them? If so how do they react to the words I love you too much. You could be perceived as clingy. You might scare the other person off. You run the risk of getting your heart broken. You could come across as desperate. The other person might not say it back. Your partner might start to take you for granted. You could be a turn-off for some people, as it may seem like youre trying too hard. Try to gauge your partners reaction to your declaration of love hard. if they seem uncomfortable or uninterested, back off a bit. Theres nothing wrong with expressing your love but do so in a way that feels comfortable for both of you. If you say I love you too much, the other person may get scared off. This is because they may feel like they are not good enough for you, or they may feel like they can never live up to your expectations. They may not love you back or feel confused about why you would say this and start to pull away from you. You run the risk of getting your feelings out there and making yourself vulnerable to rejection. If the other person does not feel the same way, then you will be left feeling hurt and disappointed. It is important to be careful with how often you say I love you and to make sure that the other person is saying it back before you get too emotionally attached. If you say I love you and to make sure that the other persons approval and validation. When you love someone, you want to spend time with them and show them how much you care. However, if you find yourself constantly needing to hear I love you from your partner, it means that you are not confident in their love for you. This can lead to possessiveness and jealousy, which are not healthy components of a relationship. If you find yourself sayings I love you too much, take a step back and evaluate your relationship. Make sure that it is based on a foundation of trust, respect, and mutual understanding. Saying I love you too much can be tricky. You might not feel the same way and say it back, but thats not always the case. They might not feel the same way or might not feel the same way or might not be ready to say it back. Either way, its important to be honest with your feelings and communicate with the other person. If you are too vocal about your love for your partner, they may start to take you for granted. This can cause an unhealthy dynamic in which your partner feels like they can always rely on you. They may start taking advantage of you as a result. If your partner is a narcissist, them knowing how much you love them can be used against you. Next up we will take a look at some commonly asked questions. Pros of Saying I Love You Too Much: Affirmation of Affection: Constantly expressing your love verbally reassures your partner of your feelings, making them feel valued and cherished. Emotional Satisfaction: Saying I love you too much can provide emotional satisfaction: Saying I love you too much can provide emotional satisfaction. Fosters Open Communication: Frequent expressions of love can foster a culture of open emotional communication in a relationship, which can be healthy and beneficial. Cons of Saying I love you can reduce the impact and significance of the phrase over time. It might come across as a routine statement, rather than a heartfelt expression of affection. Perception of Desperation or Insecurity: Overusing the phrase could make you appear desperate or insecure. It may seem as though youre seeking constant validation and reassurance from your partner. May Cause Discomfort or Pressure: If your partner is not as expressive or if they dont feel the same level of affection yet, they may feel uncomfortable or pressured. Risk of Being Taken for Granted: Theres a risk that your partner might start taking you for granted if you express your love too often. Potential for Heartbreak: If your declarations of love arent reciprocated, it can lead to feelings of rejection and heartbreak. The amount of time you spend with your partner will depend on the strength of your relationship and how you feel about them. You need to take the time to evaluate how well you work as a couple; unfortunately, only you can decide if spending too much may not be a bad thing. In fact, your partner may like to hear it from you more often than you think. According to psychology, hearing those three little words from your partner. So, if youre feeling of love for your partner. So, if youre feeling extra loving today, go ahead and tell your partner how much you care. They may not feel the same way all the time, but they lappreciate hearing it nonetheless. When someone says I love you too much, it may be a sign that they need reassurance from their partner. They may feel insecure in the relationship and need to hear, it can also make you feel guilty if you don't say it back as often. Partners may say I love you too much because they want their partner to know how they feel. They may have done something that made them feel guilty and are trying to make up for it. Whatever the reason, people who say I love you too much heed to hear their partner say it back to them so they know you love them. Love is a strong emotion that can make people do crazy things. Sometimes people say I love you without even realizing it. They might be feelings they are receiving. Or, they may feel loved and just want to reciprocate the feelings. Either way, saying I love you is a way of showing emotion and caring for someone. For some people, hearing I love you is very important for their emotional health. It makes them feel loved and appreciated. It is a way of receiving love. Saying I love you all the time? Maybe he just feels in strongly and wants his girlfriend to know. Or, maybe he says it because he knows its important to her and makes her feel good. Either way, its a sign of his caring and affection for her. Some people might see saying I love you, too as less genuine, obligated, or repetitive, but if youre expressing it with true feelings, its a beautiful way to share love. When your partner keeps saying I love you, it can be odd if youre not feeling the same way. Its important to communicate with you need more time to express your own love, and thats okay. Just be cautious about how much you say I love you if your partner isnt saying it back. You dont want to hurt their feelings or mental health. What if hes fine and suddenly says I love you for no reason? Its possible that he fell in love with someone else and is feeling guilty about it. Or, he could simply be expressing his love for you and wanting to reciprocate the affection youve been showing him. Either way, its important to talk to your partner about how youre feeling and what your expectations are. If youre not ready to say I love you back, thats OK. You can express your love in other ways, like by saying Im here for you or I care about you. Just dont smother him with too much affection; let him know that youre there for him, but also give him space to breathe. Love is a special feeling and it is natural to want to express it to your partner. Saying I love you can become a special way to show your affection and can make your partner. Some couples may even say this phrase to each other every day as a way of expressing their love. Of course, every couple is different and some people may prefer to say I love you less often. Ultimately, it is up to each couple to decide what works best for them. Love is a feeling that is often associated with a strong emotional attachment and is often associated with a strong emotional attachment and is often associated with a strong emotional attachment and is often associated with a strong emotional attachment and is often associated with a strong emotional attachment attachment and is often associated with a strong emotional attachment attachmen to your partner after only a few dates, or you may wait until you have been together for a longer period of time. There is no correct answer, and it ultimately depends on how you feel and how comfortable you are expressing your love for your partner. It is important to communicate your feelings to your partner so that they know how you feel, and vice versa. Love is something that should make us feel happy, but for some people, it can be a source of anxiety and fear. There are many reasons why someone might respond negatively to being loved. Maybe theyve been hurt in the past by a partner or they feel like theyre not worthy of affection. Perhaps theyre afraid of being rejected or they dont know been hurt in the past by a partner or they feel like theyre not worthy of affection. how to express their own love. Whatever the reason, it can be difficult to watch someone you care about suffer because they dont feel loved. If youre in a relationship with someone who responds negatively to your love, try to be patient and understanding. Talk to them about their fears and help them find ways to express their love for you. Some people have a hard time expressing love because they may not have experienced it themselves, or they may feel like they are not worthy of love. Others may simply not know how to communicate their feelings to their partner. It can be difficult to say those three words, but if you feel love for your partner, communicating that to them will make your relationship stronger. People may also like to receive love in different ways, so its important to learn what makes your partner feel loved and appreciated. When you love someone deeply, you want to find ways to express that love in a way that is special and unique to your relationship. You may say I love you often, but adding a few extra words can show just how much you. This will let your partner know that they are an essential part of your life and that you care about them deeply. You could also try writing a letter or poem expressing your love, or even cooking a special meal to show how much you care. Whatever you do, make sure that your partner knows just how much they mean to you. The main difference between I love you more is the level of intensity with which the speaker loves the other person. I love you too generally means that the speaker loves the other person just as much as the other person loves them. I love you more usually means that the speaker loves the other person more than the other person loves them. In other words, its just a reply to I love you When a man consistently says I love you, its often because hes genuinely expressing his deep affection and care for you. Its a way for him to reassure you have strong feelings and make sure you have strong feelings for someone and expressing them verbally comes naturally to you. Its your way of reaffirming your love and affection, letting the other person know how deeply you care for them. Some people are just more verbal and expressive with their emotions, and thats perfectly okay. However, if youre concerned about saying it too much, it might be worthwhile to explore other ways of expressing your feelings, such as through actions or thoughtful gestures. Always remember, theres no right or wrong way to express love, as long as its sincere and makes both you and the person you care about feel good. When it comes to expressing love, there are many reasons to keep it at a normal level is down to the relationship you are in. If your partner needs you to say it every day and it keeps them happy, then you should continue saying the words. However, if you find that you are saying I love you too much and not getting the reply you are looking for, then you have to questions you may also like to check out How to Respond to I Miss You (Best Response) for more information on the topic. Until next time thank you for taking the time to read. Heres a fascinating question that we received from one of our newsletter subscribers and we are fairly certain that the question that we received from one of our newsletter subscribers and we are fairly certain that the question that we received from one of our newsletter subscribers and we are fairly certain that the question that we received from one of our newsletter subscribers and we are fairly certain that the question that we received from one of our newsletter subscribers and we are fairly certain that the question that we received from one of our newsletter subscribers and we are fairly certain that the question that we received from one of our newsletter subscribers and we are fairly certain that the question that the question that the question that we received from one of our newsletter subscribers and we are fairly certain that the question the question that the question the question that the question the qu believe that you can not overuse the I love you term. He says if we say it too often, it will become meaningless. Weve heard this question more than once and our relationships with different past experiences, expectations and desires. Even though it may seem that the person we fall in love with is just like us, in so many ways (that usually surface after youve been together for quite awhile) they are so different. The differences usually arise from our past experiences and how our role models (including our parents) conducted their lives and their relationships. Our newsletter subscriber is with a person who has a different idea of what the I love you term means and how to use. So can you overuse the term I love you ?According to this man and probably many others, yes you can. Does that mean that she doesnt get her needs met and she just has to put up with his ways? Of course not. Before we give some pointers about this situation, wed like to give another possible explanation for these differences. In neuro-linguistic programming (NLP), people are described to take in information and learn in three different ways1. Auditory2. Visual3. KinestheticAlthough we each take in information in all of these ways, most of us have one dominant way. What does this have to do with our topic? Plenty and heres whyOur newsletter subscriber may be an auditory learner (she may like to hear information) and her partner may prefer to get and give information in one of the two other ways. He may prefer written notes of love as opposed to saying it or he may prefer to get and give information in the same waysjust as some people prefer to use email to contact people and others prefer to use the telephone. There are many different reasons why someone may not want someone telling them I Love You all the time and here are a couple in their life saying they love someone and then seeing them doing or saying things that werent acts of kindnessor love. It could also be that they witnessed people saying I love you in a way that seemed insincere or trite. They may have done this in the past or saw it done and they dont want to repeat it. Here some love advice and suggestions if you are facing this kind of difference between you and a loved one (or for that matter, any one in your life)1. Listen, truly listen, to how your partner wants to be loved. If he/she doesnt want to talk about the topic, pay attention to how the person shows love for you. Understand why your partner wants to be loved. If he/she doesnt want to talk about the topic, pay attention to how the person shows love for you. doing things around the house for her and by fixing things. He also sent her cards and flowers but saying I love you to her wasnt tops on his list. Kelly began giving him her full attention when he talked with her and by doing that they became closer. And yes, she did feel more loved even though he didnt say it much more often than he had before.2. Make sure that actions are in alignment with words. So often people say I love you and then in the next moment, do or say something far different from love. They may not even realize that they are doing it. Some people grew up in a family that made cutting, sarcastic remarks and its become a habit for them to do it also. They dont even know that they are doing itbut the other person always does. If a person has witnessed or experienced I love you being followed by mean-spirited words or actions, they of course will be wary of using the term. So make sure that loving actions follow this phrase of endearment.3. If your partner is wary of using this phrase (for whatever reason), what are some other ways that you enjoy being loved? Do you like foot rubs, someone to help with household chores or the kids, or maybe an evening a week or a month of pampering?Tell your partner other ways that you enjoy being loved? Do you like foot rubs, someone to help with household chores or the kids, or maybe an evening a it can be specialis not the only way to express love. Whether you have this challenge in your relationship or notwe invite you to express genuine love for one another in many different ways and explore whats possible. Make sure that your words and your actions are in alignment as you move through your day toward creating the life that you want. Loving someone too much can be damaging if not balanced. Heres are signs of loving too much and the potential unhealthy consequences: Constantly focusing on your partner and micromanaging the relationship can make them feel smothered. Losing yourself in the relationship, neglecting personal goals, and giving up your independence are signs of unhealthy love. Loving too much may lead to dependency, unmet expectations, and a loss of self-worth. To avoid these issues, learn how to stop loving too much and how to restore balance in your relationship in the following articlekeep reading to learn more! What is love or what does it mean to love someone truly? Do couples have to do everything together and agree on everything? Do you think once you are in a relationship which is easily masked by saying loving too much isnt bad, is it? Learn to spot the red flags. Do you know the feeling when giving becomes overwhelming? Thats exactly how your partner will feel when you show constant attention. Examples are: Sending long texts all day, keeping a tab about their whereabouts, wanting to spend every minute with them, or just asking for reassurance always. Loving too much is unhealthy and can hurt a relationship. Micromanagement can emerge when you are making all the decisions, you are trying to take control of everything or spying on your partner. Next to this you feel upset when your partner does not agree with your plan or choices or you are defensive in every argument. Due to these actions and behavior your relationship is predetermined to go downhill. Your partner is your priority one and there is nothing else on your list. You have abandoned your friends and you make up reasons to not meet your family. You have abandoned your friends and your friends and your friends and your friends and your been there for you in the past. You have abandoned your friends and your friends a unhealthy relationship. Loving someone means, you respect each others boundaries. Loving too much means you dismantle those boundaries, stop taking care of yourself, and do everything for your partner too much, they might take you for granted. For example, have you been hurt by their actions or words but never expressed it? Do you feel they dont exert any effort in making your relationship work? You are being selfless, but your reasoning is clouded. When they know you take care of everything, they are likely to take advantage of it. Too much love can also mean too much dependency. Do you drive by yourself? Do you manage your own finances? Do you take your own decisions? If you have given all the control to your partner, it will only leave you paralyzed if the relationship ends in future. When you make your partner, it will only leave you paralyzed if the relationship ends in future. example, when focusing on your relationship, you tend to ignore your hobbies, passions, and even friends and family. You have no time since you love them too much, you let go of standards, boundaries, and deal-breakers. When you neglect your own self, you migh lose several great educational or career opportunities along the way. Do you believe your partners goals will serve you more in the end? Are you portari to expect your partner to love and care for you in the same way. But in reality, it doesn't happen and that is depressing. For example, youve let opportunities pass for them, and you expect them to the same. When they dont match up to your expectations, you will only feel discontent with yourself and your partner. Identify the relationship needs and set some boundaries: Its always worth thinking about where this urge of loving too much is coming from. When you find the root cause, you can develop new, healthier habits and work toward a more mature relationship together. Setting boundaries will help in improving your love and self-esteem. Stop being available always or being overly dependent: You cant allow your partner to take over your life. Get a new hobby thats just for you and add value to your me time. Try not to seek constant support or intimacy. Take a break and learn to enjoy spending time alone. Learn to trust your partner; imagine how it would feel if situations were reversed. Understand that a lot of problems arise from your insecurities and a lack of trust. Display your love for good reasons and not out of fear. Interact and spend time with loved ones: Hang out with your family and distracted. This will help in creating the much-heeded space in your relationship. Make some changes: There are several ways to show affection without smothering your relationship, it might just take a while to figure out how. Practice open communication listen when your relationship, it might just take a while to figure out how. make your relationship a happy one. Healthy, happy relationships require a certain degree of love and attention from both partners. When one partner exerts a lot of effort into a relationship, it creates an emotional imbalance. To avoid a smothering relationship, find that delicate balance and never lose yourself in the process of loving and caring for someone. Millions of people trust eharmony to find a compatibility Matching System will connect you with someone who has similar beliefs, interests, and quirks. Its a gateway to a happy relationship right from the start. Sign up today. Ask a Question Do you have a burning question, personal story, or problem related to this topic? Send it in! The more details you share, the better we can understand your situation and offer meaningful guidance. Our relationship experts and editorial team may select it and respond with their advice. All submissions are anonymous. For product or account-related questions, please reach out to our Customer Care team via the Help pages. The responses provided here are for informational and entertainment purposes only and do not constitute professional advice. Any advice shared is not a substitute for mental health services or counseling. We do not provide real-time or personalized support, and we will only provide responses to submissions, were unfortunately unable to reply to every single one. If your question gets answered, youll find it displayed below. The eharmony team Have you ever been caught in the I love you loop, where those three little words start to lose their magic? Brace yourself for a playful journey into the surprising impact they can have on your partner and why its essential to find the right balance. Get ready to dive into the Psychology of Saying I Love You Too Much! Lets start by acknowledging the positive aspects of expressing love and affection. When your emotions. It reassures your partner of your deep feelings and strengthens the emotional connection between you both. Its like a warm hug for the soul. However, like anything in life, moderation is key. When I love you becomes a constant mantra, it can lead to unintended consequences. While you may have the best intentions at heart, overwhelming your partner with excessive declarations of love can create a ripple effect that affects their emotions and self-perception. Picture this: you hear I love you from your partner multiple times a day, every single day. At first, it might make you feel cherished and adored. But as time goes on, you might start to wonder if the words are losing their sincerity or if theyre just a reflexive response. Your emotions may go on a roller coaster ride, swinging between moments of joy and moments of doubt. Excessive I love yous can also have an impact on your self-perception. Your might start doubting your own worthiness of love, thinking. Is this really about me, or is it more about their need to express their own emotions? So, how do you strike a balance between expressing love and overwhelming your partner with I love yous? It all comes down to communication and being mindful of your partners needs and comfort levels. Here are a few tips to help you find that sweet spot: Quality over Quantity: Instead of focusing on the sheer number of times you say I love you, focus on the quality of your interactions and the sincerity behind your words. Actions Speak Louder: Remember that actions often speak louder than words. Show your love through gestures, kindness, and support. A surprise date night or a heartfelt note can be just as meaningful as saying the words themselves. Check-In Regularly: Have open conversations with your partner about their preferences and comfort levels regarding expressions of love. What makes them feel loved and appreciated? Understanding their preferences and comfort levels regarding expressions of love. What makes them feel loved and appreciated? to express your emotions. You mean the world to me, I adore you, or even a simple You make me so happy can add depth and variety to your expressing it is an ongoing process. By understanding the right balance in expressions of love. Remember, love is a journey of discovery, and finding the right balance in expressions of love. cultivate a relationship that thrives on authenticity, understanding, and heartfelt connections. Picture this scenario: you find yourself in a relationship where your partner constantly bombards you with I love yous. While it may seem endearing at first, it can inadvertently create a sense of emotional dependency. Lets dive into why this happens. When your partner repeatedly expresses their love for you, its natural to feel a sense of validation and security. However, when I love you becomes a constant refrain, it can foster a reliance on those words to validate your self-worth and the strength of the relationship. love yous can also put pressure on you to reciprocate the sentiment, even if you dont feel the same intensity in that moment. You may find yourself feeling obligated to respond with an equal or greater number of declarations, fearing that a lack of reciprocation might lead to hurt feelings or doubts about your commitment. While love is a beautiful thing, its important to maintain a sense of autonomy and personal boundaries within a relationship. Excessive I love yous can blur these lines and create a sense of emotional suffocation. Your partners constant expressions of love might leave little space for you to explore your own emotions and personal growth. Maintaining a healthy level of autonomy allows you to nurture your own identity and interests outside the relationship. Its essential to have personal space to foster individual growth and maintain a strong sense of self. Excessive I love yous can potentially hinder this process, as they tend to engulf your personal space with constant emotional intensity. Healthy relationships thrive on open communication and respect for each others boundaries. If you find yourself feeling overwhelmed by the frequency of I love yous, its crucial to express your needs to your partner. Let them know that while you appreciate their affection, you also require room to breathe and explore other aspects of your life. Imagine you have a partner who showers you with I love yous every few minutes. At first, it might make you feel like the most loved person on the planet. But over time, you start to feel suffocated and unable to express your own emotions freely. You long for moments of silence and personal reflection without the constant barrage of declarations. Excessive I love yous can unintentionally lead to emotional dependency, pressure to reciprocate, and a blurring of personal boundaries. While love and affection are essential in a relationship, finding the right balance is crucial for maintaining individual autonomy and fostering a healthy connection. By openly communicating your needs and embracing a sense of self within the relationship, you can ensure that declarations of love enhance your bond rather than overpower it. In long-term relationships, overfamiliarity is a common phenomenon. Its like the worn-out pair of sweatpants you wear around the housetheyre comfortable, but they dont hold the same allure as when they were new. Similarly, excessive I love yous can lead to a diminished meaning behind the words. Think about it: if you hear I love you a hundred times a day, it starts to lose its impact. The words become a routine, uttered without much thought or genuine emotion. Its like eating your favorite dessert every single day; eventually, the taste becomes mundane, and you long for something new and exciting. When I love you is constantly repeated, it can devalue the phrase and dilute its significance. Those three little words, which once carried immense weight and held deep meaning, may turn into hollow utterances. Your partner might start questioning the authenticity of the words, wondering if they hold any true sentiment or have simply become empty platitudes. Imagine being in a relationship where I love you is exchanged as frequently as hello or goodbye. At first, it might seem like a dream come true, but as time goes on, the impact of those words gradually diminishes. They lose their power to evoke strong emotions or create a deep connection. Eventually, the phrase becomes background noise, blending into the mundane fabric of daily life. While excessive I love yous may have caused the phrase to lose its luster, there are ways to reignite the spark and restore its significance in your relationship. Quality over Quantity: Instead of mindlessly repeating I love you, focus on the quality of your expressions. Choose the right moments to say it, allowing the words to carry genuine emotion and meaning. Speak from the Heart: When you do say I love you, make it count. Let your partner feel the depth of your affection through your tone, body language, and eye contact. Make each declaration a heartfelt expression of your love. Actions and Gestures: Words alone can only do so much. Show your love through meaningful actions and gestures. Surprise your partner with small acts of kindness or thoughtful gifts that demonstrate your affection. Discover New Phrases: Expand your vocabulary of love and find alternative ways to express your feelings. A sincere compliment, a heartfelt thank you, or a thoughtful appreciation can go a long way in conveying your emotions. By taking intentional steps to revive the meaning behind I love you, you can infuse new life into your expressions of affection and strengthen the emotional bond with your partner. Remember, love is not about the quantity of words spoken but the depth of emotions shared. Communication is the lifeblood of any successful relationship. Unfortunately, excessive I love yous can unwittingly disrupt the flow of communication between you and your partner. Lets delve into how this can happen. Imagine a radio station constantly playing the same song on repeat. It becomes hard to hear anything else amidst the repetitive melody. Similarly, when I love you becomes the constant soundtrack of your relationship, it can drown out other meaningful conversations and thoughts. Communication becomes muddled, and important discussions may be overshadowed by an overabundance of affectionate declarations. While love is a wonderful thing, too much of it can lead to emotional exhaustion. Constantly hearing I love you can create a state of emotional saturation, where the sentiment loses its impact and drains your emotional reserves. Its like eating too much candyyou eventually reach a point where you cant handle any more sweetness. Imagine your emotional reserves. addressing. However, every time you start to speak, they interject with yet another I love you. While their intentions may be good, it disrupts the flow of conversation and prevents the deeper discussion that needs to take place. You may feel frustrated, unheard, and emotionally exhausted. Excessive I love yous can have a profound impact on the overall quality of your relationship. When communication breaks down, unresolved issues may linger, leading to resentment and misunderstandings. Over time, the connection between you and your relationship. To mitigate the potential negative effects of excessive I love yous on communication and the relationship as a whole, consider the following strategies: Active Listening: Make a conscious effort to listen actively to your partner, ensuring that their thoughts and concerns are heard and validated. Create Space for Dialogue: Set aside dedicated time for meaningful conversations where I love you takes a backseat, allowing for open and honest communication. Express Love in Actions: While verbal expressions of love are important, remember to show your affection through actions. Express Love in Actions: While verbal expressions of love are important, remember to show your affection through actions. fostering open communication. Prioritize the quality of your interactions over the quality of declarations. By fostering healthy communication habits and ensuring that I love you doesnt overshadow important discussions, you can maintain a strong emotional connection with your partner while still addressing the deeper aspects of your relationship Remember, love should be the backdrop to your communication, not the sole focus. Now that we understand the potential pitfalls of excessive I love yous, its time to explore how you can find a healthy balance in expressing affection to your partner. Lets dive into some practical tips that can help you navigate this delicate dance. Focus on the quality of your expressions of love rather than the quantity. Instead of mindlessly repeating I love you throughout the day, choose the right moments to convey your affection. Maintaining open and honest communication is vital in any relationship. Talk to your partner about their needs, preferences, and comfort levels when it comes to expressions of love. Understanding each others perspectives and finding common ground can help you strike the right balance that works for both of you. Actions speak louder than words, and this holds true when it comes to expressing love. While verbal declarations are important, consider ways to show your affection through meaningful actions. Surprise your partner with acts of kindness, thoughtful gestures, or engaging in activities they enjoy. These actions demonstrate your love in a tangible and memorable way. Explore different ways to express your love beyond the traditional I love you. Expand your vocabulary of affection by finding alternative phrases or endearing nicknames that resonate with your partner. It adds a touch of creativity and variety to your expressions of love, keeping them fresh and meaningful. Imagine surprising your partner with a homemade dinner, complete with their favorite dish and a beautifully set table. As they walk into the room, instead of uttering another I love you, you express your affection through the thought and effort put into the meal. Their face lights up with joy, and the love shared in that moment speaks volumes without a single word. Finding a healthy balance in expressing affection brings numerous benefits to your relationship: Authenticity: By avoiding excessive declarations, you ensure that your expressions of love are genuine and heartfelt. Respecting Boundaries: Balancing affection allows both you and your partner to maintain personal boundaries and nurture individual growth within the relationship. deeper conversations, strengthening your emotional connection. Memorable Gestures: When you express love through meaningful actions, it creates lasting memories and strengthens the bond between you and growth. Its about discovering what works best for both of you and creating a relationship that thrives on genuine affection, open communication, and meaningful gestures of love. Congratulations! Youve made it to the end of our exploration into the psychology of saying I love you too much. Lets recap the key points weve covered and leave you with some food for thought. Throughout this journey, weve discovered that while expressing love is important, excessive I love yous can have unintended consequences. Heres what you need to remember: The Initial Impact: Excessive declarations of love can lead to emotional dependency, pressure to reciprocate, and a diminished sense of autonomy and personal boundaries. Overfamiliarity and Diminished Meaning: When I love you becomes repetitive, the phrase loses its impact and can devalue its significance. Communication and lead to emotional exhaustion, impacting the overall quality of the relationship. To navigate the potential pitfalls of excessive I love yous, keep these tips in mind: Quality Over Quantity: Focus on the quality of your expressions of love, fostering open

dialogue and understanding. Love in Action: Show your love through meaningful actions and gestures that speak volumes. Variety is Key: Explore alternative ways to expressions of affection. As you reflect on your own expressions of love, remember that balance is key. Nurturing a healthy relationship means finding the sweet spot between heartfelt affection and overwhelming declarations. The goal is to create an environment where love flows naturally, communication thrives, and each expression of love holds genuine meaning. Love is a beautiful and ever-evolving journey. It requires effort, understanding, and adaptability. By recognizing the potential consequences of saying I love you too much, you can cultivate a relationship that flourishes with authentic expressions of affection, open communication, and a deep understanding of each others needs. So, go forth and embark on this adventure of love with newfound awareness. Remember to embrace the power of balanced expressions of love, create meaningful moments, and cherish the connections that truly make your heart sing. Heres to nurturing healthy relationships filled with love, growth, and everlasting joy! Yes, excessive declarations of love can lead to emotional dependency, diminished meaning, and communication breakdown, potentially impacting the overall quality of the relationship. Focus on quality over quantity, engage in open communication, show love through actions, and explore alternative ways to express affection beyond I love you. Yes, repetitive expressions can lead to overfamiliarity, causing the phrase to lose its impact and potentially devaluing its significance in the relationship. Devaluing the phrase can create doubts about the sincerity of the words and hinder effective communication, potentially leading to emotional exhaustion and strained relationships. While both are valuable, actions can reinforce the sincerity of love. Thoughtful gestures, support, and kindness can speak volumes and add depth to your expressions of affection. References: ResearchGate. (2014). The Role of I Love You in Negotiating Love and Desire in Romantic Relationships. Link Everyone likes to hear those three magical words. They make you feel special, wanted, important, and loved. But is there a thing as saying I love you too much? What happens when you say I love you too much in a relationship? People often say I love you in a relationship when they feel and mean it. The hearer of these words can usually tell when they re meant and when they re not. The hearer of these words and mean it. The hearer of these words can usually tell when they re meant and when they re meant and when they re not. The hearer of these words can usually tell when they are meant and when they re meant and when they re meant and when they re not. when they declare their love for each other verbally. But theres more to the story. When you focus on the mental states of the speaker and the hearer of those words, you realize how complicated it can quickly get. People know that you cant feel strong emotions all the time. Emotions fluctuate. They rise and fall like ocean waves. When youre in love, you may constantly feel the need to declare your love for your partner. You mean it, and you feel it. Your partner reciprocates because they mean it and feel it too. But theyre intuitively aware that you cant feel strong emotions all the time. So, saying I love you too much, even if you mean and feel it, can come across as insincere. It also puts the hearer under pressure to reciprocate. Sure, they may love you, but they may not be feeling what youre feeling in the moment. They may not feel it enough to say it back. Their current mental state is different than yours. Compare this to moments when you both feel it and say it. You both mean it. Theres no pressure of any kind. It comes out naturally. Another problem with saying I love you too much is that it can quickly become a routine. When something becomes routine, we take it for granted. When you get a new phone, you value it highly. Youre careful not to break or drop it. A few months later, you throw it around and drop it often. You dont value it as much. In psychology, getting used to things this way is called habituation. It happens with everything, including the words you like to hear. The more you have something, the less you value it. In contrast, the scarcer something is, the more you appreciate it. At the same time, you dont want to keep those words so scarce that your partner feels unloved or has doubts about the relationship. You have to hit that sweet spot between saying it rarely versus saying it too often. What drives someone to say I love you constantly? Other than feeling the need to say it, following are possible reasons for this behavior: People feel insecure in relationships from time to time. Saying I love you too. When your partner says it back, you feel more secure in the relationship. When your partner, you may say I love you often to reel your partner back in. Your partner may have done something that made you feel jealous. Saying I love you too much, in this case, is a way to grab their hand and pull them back to you figuratively. Similarly, clingy partners say I love you often. Its the anxiety of losing their partner that makes them say it more than love. People know it feels good to hear those three magical words. So, your partner may try to make you feel good by saying those words. They may do this because they feel guilty and want to take the edge off. Or because they feel guilty and want you to lessen the punishment. People like free stuff, but they dont value it. Ive downloaded plenty of PDFs on my computer for free from here and there on the internet. I hardly look at them. But the books I buy, I read. When you pay for stuff, you have more skin in the game. You want to make your financial sacrifice worthwhile. Similarly, saying I love you freely and too much reduces its value. Its no longer powerful and magical. To keep it magical, you must ensure that it hits hard when you say it. The simple rule to remember is to say it when you feel it. Since we dont feel strong emotions 24/7, this will automatically ensure that you dont oversay it. Saying it when you both feel it is much better, but its not always easy to gauge your partners emotional state. To keep those magical three words magical, you have to say them unexpectedly and in creative ways. Avoid turning declaring your love into a routine. I have a friend on Facebook whos very intelligent. He constantly criticizes my posts. I wouldve dismissed him as some hater, but I didnt because his critiques were thoughtful. I hardly got any validation from him, and I thought I didnt care about his validation at all. But boy, was I wrong! He praised one of my posts for the first time, and let me tell you- that hit hard. Like really hard! I was shocked. I thought I didnt care if he liked or didnt like my stuff. But I enjoyed his validation. Why? Its because he made his validation so rare. In fact, invalidation or criticizing was his default. I hated my mind for loving the validation. It was embarrassing. But the mind wants what it wants and loves what it loves. Now, Im not suggesting you invalidate your partner respects you in some way. Remember, I considered my Facebook friend intelligent. Thats a big reason why his invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-invalidation-in invalidation-validation sequence worked. Had I dismissed him as some dumb hater, I dont think I would have cared about his validation at all.

Does saying i love you too much lose its meaning. Is it bad to say i love you too much. I love you too my love. Can you say i love you too much. Can you say i love you too often. You love too much.