

## DAY 22

LOVE IS A CHOICE, NOT A FEELING. IT IS AN INITIATED ACTION, NOT A KNEE-JERK REACTION. CHOOSE TODAY TO BE COMMITTED TO LOVE EVEN IF YOUR SPOUSE HAS LOST MOST OF THEIR INTEREST IN RECEIVING IT. SAY TO THEM TODAY IN WORDS SIMILAR TO THESE, "I LOVE YOU. PERIOD. I CHOOSE TO LOVE YOU EVEN IF YOU DON'T LOVE ME IN RETURN."