

I Want to Love You

I want to love you without clutching,
appreciate you without judging,
know you without defining,
join you without invading,
invite you without demanding,
give without expecting,
depart from you without guilt,
share my feelings without burdening,
criticize you without blaming,
help you without insulting,
and enjoy your company—just as you are!

Adapted from Virginia Satir's poem "Goals for Me"
in *Making Contact* (Celestial Arts, 1976), 16.



REFLECT

Take a look at the poem. Why does love require freedom?