When Instability Becomes the New Normal

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When Love Is Not Enough

If a bird falls in love with a fish, where will they live?

The bird was never meant to live underwater, and the fish was never meant to live in the sky.

For a long time, I believed love could answer that question. I believed that if two people loved each other deeply enough, they would always find a way. I believed that love could overcome every difference, every distance, and every impossible circumstance.

But maybe the saddest truth is that some love stories are not destroyed by a lack of love. They end because love alone cannot change who we are.

Sometimes, two people meet at the perfect moment for their hearts, but at the wrong moment for their lives. The bird can love the fish with every feather it has. It can fly lower and lower until the ocean touches its wings. The fish can love the bird with all its heart, swimming to the surface every morning just to see it before it disappears into the sky.

They both keep hoping that tomorrow will be different. One more sacrifice. One more compromise. One more promise. But eventually, love begins asking them to become someone they were never meant to

be. The bird stays underwater longer, pretending it can breathe. The fish keeps reaching for the sky, pretending it does not need the ocean.

Slowly, they begin losing themselves while trying to hold on to each other.

That is the heartbreak people rarely talk about: the pain of loving someone completely, yet realizing that staying together requires both people to abandon parts of who they are.

Communication Is a Form of Respect

One of the busiest people I've ever dated was also the most responsive person. I asked him once, "Why do you always reply so quickly? "He said something that I will never forget:

"Communication is a form of respect. If you respect someone, you respond as soon as you can."

Being busy isn't the problem. Lack of priority is. People don't forget to respond to those they respect. They choose where their energy goes. Nobody is ever too busy to reach out to you or make time to see you. It's really about priorities. If someone actually cares, they'll make time for you. When someone truly values you, they keep you close. They don't just reply when

it's convenient. They reach out because they want to talk to you.

Consideration Is a Form of Love

Lack of consideration will make me stop loving you out loud. I shouldn't have to keep reminding you to think about me.

"Hey, that hurt me."

"Hey, can you consider how this affects me?"

At some point, that stops being communication and starts feeling like begging you to care. Consideration is one of the most underrated forms of love. It's thinking about how your decisions affect your partner before you make them. It's remembering the little things. It's asking yourself, "How would this make the person I love feel?" I don't need perfection. I don't need you to read my mind. But once I've told you what matters to me, I shouldn't have to keep teaching you to care. Repeated inconsideration changes how you feel about someone. You stop explaining. You stop expecting. Eventually, you stop trying.

Choose Someone Who Chooses You

Choose someone who chooses you every single day, not just when they are in the mood for you. Always

keep in mind that you deserve consistency, not confusion. Anything less is just noise. Never forget to find the heart that makes you feel certain, not like an option. Some people don't want to lose you, but they also don't want to choose you. Half love. Half presence. No real direction. Just mixed signals and delayed honesty. You keep hoping. They keep hesitating. Slowly, you lose yourself trying to be enough. Until one day, you stop waiting and choose yourself. Commitment isn't given to potential. It's given when there is certainty. Men match energy. Show him you're sure, and he'll show you he's sure.

Love Needs Attention

Sex can completely change the energy inside a relationship. A happy man walks differently, smiles differently, and treats you differently. Intimacy gives reassurance that the connection is still alive. But when one person keeps rejecting affection, distance slowly starts growing emotionally, too. Love needs attention, not excuses, every single day.

Do you agree or disagree?

Don't Make Someone Fall If You Won't Catch Them

Don't make someone fall in love with you if you don't have the ability to love them back. Don't make

someone fall hard for you if you're not willing to catch them. Don't make someone feel like you're going to be the person who solves all their problems if you're not even going to be around to be patient while they try to solve them. We love to make people fall in love with us because it makes us feel good about ourselves. A lot of people do that today. Then, after a few months, they disappear.

Who Stays When Life Gets Ugly?

Don't marry the person you can post cute pictures with. Marry the person you can actually survive with. I need you to listen carefully to this one, because it matters.bAnyone can love you on a Friday night when the bills are paid, your makeup is done, and life is being easy for once. That part isn't hard. Literally anyone can do that. The real question is: who are they when life punches you square in the face without warning?

Who are they when the money is low and the card gets declined? Who are they when the car breaks down in the middle of nowhere on a Tuesday? Who are they when you're sitting on the bathroom floor, crying at 2:00 AM because everything fell apart at the same time and you don't even know where to start putting it back together?