



# Unconditional Love

By Eliane Kostek

The word love is so commonly used these days that it is worth to reflect upon it. When one says I love you, it is most likely that that love does carry some pre-requisites with it, especially this day in age. Our society places tremendous values on individual achievements putting a lot of stress on parenting. As life starts to unfold for a child, parents begin to dream of what their child should do or not do in order to become successful. Parents begin to survey the environment and to plan how to aid their child to achieve their goals. Issues arise when the goals are not originated from the child, but the parents. It is prudent to dream with your child, not for your child. Certainly, there is nothing wrong in wanting the best for your own child, but there is a crucial difference between wanting as hoping and expecting with demands.

With a lot of expectations comes excessive demands and excessive demands may lead to failures and disappointments. When the expectations are so high up to reach and the child is unable to meet the demands he/she may choose to lie in order to cover up their failure than to admit the truth and be exposed. Lies are only tools used by the child to survive in the web that was weaved around them.

There are more extreme actions that the child might take when the child feels so helpless and hopeless. They may feel like disappearing from this earth or taking drugs to mask the pain of not being accepted for who they really are. These are just few examples of defiance and disturbances in behavior. Needless to say, it is essential for parents to express their love for their child and for the child to feel loved; problems begin when the child starts to perceive that the love shown has a price tag. It is the burden of paying that price for love that may cause disturbances in behavior.

Children in general need to assert themselves in order to develop their own identity and they need to be accepted for who they are, that is when unconditional love comes into play. To love unconditionally is extremely hard because everything else has to be put aside; pride, prejudice and arrogance have to be abolished and be replaced by humility, tolerance and approval. Only when we are able to substitute the sentence **“I will love you if...”** for **“I will love you no matter what...”** we can truly say that we are applying unconditional love in the relationship, then maybe disappointments and fears will no longer exist and even if they arise, they would not be perceived as such since there would be the reassurance that one is loved no matter what.

Relationships are built on trust and one can only trust if one is valued for who they really are and not for whom one would like him/her to be. The bridge between a parent and a child can be crossed using trust as the vehicle so that the gap in communications can be restored.

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