

# Should Love Be Earned or Given?

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There has been a lifelong discussion surrounding the earning of love versus the giving of love. Is love a given right, or is it an earned prize?

Love is a concept that carries significant weight in a person's mind. Many treat it as a vast field of emotions or a roller coaster that takes them on an unpredictable journey—one where they ultimately stay because of the feeling that takes precedence over all else: love.

With this perspective, love is often expressed as something given. There is nothing another person can do to make you love them; it is an internal process, a conclusion you arrive at on your own. There is something undeniably beautiful about that. It feels raw, natural, and unforced.

But what happens when it does not unfold so simply?

What if you fall in love with someone who does not love you back? What if that same person carries a suitcase full of red flags that begin to outweigh the feeling itself? Is it right to continue giving your love in those moments?

This is where the idea of love being earned begins to feel like a more reasonable solution.

It is well understood that feelings are influenced by a variety of factors—experience, environment, and even time. Because of this, the idea of love being based on external factors such as income, status, appearance, and shared beliefs becomes appealing. It introduces a sense of predictability. It allows people to choose based on what can be measured, rather than what can change without warning.

In theory, this approach makes sense. It offers structure and certainty. It suggests that love is not something you fall into, but something you select carefully.

However, this way of thinking comes with its own cost.

Requiring someone to meet a fixed set of expectations creates a standard that is nearly impossible to sustain. It asks a person to remain within a version of themselves that aligns perfectly with your criteria—and the moment they step outside of it, they risk losing you. That is not love. That is control.

So the question remains: should love be earned or given? Should you follow your emotions, or should you rely solely on your standards and hope to find someone who fits within them?

The reality is, neither approach is complete on its own.

Love is meant to feel freeing. It draws you toward someone in a way that cannot always be explained. It shifts your perspective and encourages you to see another person as a meaningful part of your life. At the same time, relationships require discernment. You still need standards. You still need awareness. You cannot build something lasting without considering who you are choosing to build it with.

There is a balance that must exist between the two.

You cannot rely solely on emotion, because emotions change. But you also cannot rely solely on criteria, because people are not fixed. Just as you cannot turn the sky green or the grass blue, you cannot mold someone into a perfect version of what you want them to be.

If you attempt to choose between giving love and earning love, you will remain in a constant state of uncertainty. But if you understand how they work together, the answer becomes clearer.

Ultimately, love is a choice.

It is a choice supported by emotion, but grounded in decision. It is something you feel, but also something you actively commit to. It is what allows you to look at someone and say, through change and difficulty, that they are the person you continue to choose.

Without feeling, love lacks depth. Without standards, it lacks stability.

So, should love be earned or given?

It should be given, earned, accepted, and reciprocated. Love is not linear, and it was never meant to be. It is the constant act of choosing, again and again.

The question is no longer whether love is earned or given.

The question is whether you are willing to choose it.