Normalising Saying I love you to friends

We should normalise saying "I love you" to friends.

I don't get why the phrase is so ~~sexualised~~ stigmatised and is EXCLUSIVELY for romantic relationships. Personally, I (M) say it to my friends, including my male and female best friends, and they say it back. Why? Because it's okay to express love and affection for the people we care about, regardless of whether it's a romantic or platonic relationship.

In our society, there seems to be a stigma surrounding the phrase "I love you" when it's used between friends. It's as if we've conditioned ourselves to believe that expressing love is only reserved for romantic partners. But why should that be the case? Love is a beautiful emotion that can exist in various forms and relationships.

When I tell my friends that I love them, it's not meant in a romantic or sexual way. It's a genuine expression of my affection, appreciation, and care for them as individuals. We have shared experiences, laughter, and support each other through both good and tough times. So, why should I hold back from expressing my love for them just because it's not a romantic relationship?

Moreover, when my friends reciprocate by saying "I love you" back, it strengthens our bond and reassures me that our friendship is based on love, trust, and mutual respect. It creates a safe space where we can openly express our feelings and emotions without fear of judgment.

I believe that by normalising the phrase "I love you" among friends, we can foster deeper connections and cultivate a more compassionate society. It's time we break free from the confines of societal expectations and allow ourselves to freely express love and affection for the people who hold a special place in our lives.

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