



The Frank Love Framework

Responsibility Comes First

- Growth begins when responsibility is claimed before blame, explanation, or demand.

Connection Before Correction

- Understanding follows when safety is established before facts are clarified.

Love Is Not Negotiated

- Love remains love only when presence and care are not conditioned on satisfaction or compliance.

Belonging Requires Participation

- Connection deepens when everyone contributes rather than consumes.

Relief Is Not Growth

- Temporary comfort may feel healing, but growth requires engagement with what is difficult.