

The Art of Loving

by Erich Fromm

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Practice active listening every day**

In one conversation today, give full attention. Don't plan your response while the other person is speaking. Listen to understand, not to reply.

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⁰² **Ask 'what does this person actually need?'**

Before your next interaction with someone you care about, ask: what do they actually need from me right now? Not what do I want to give.

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⁰³ **Develop your capacity for solitude**

Fromm argues that the ability to be alone is a prerequisite for genuine intimacy. Spend 30 minutes in solitude daily without devices.

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⁰⁴ **Practice care as a verb**

Fromm's love is about action: what did you *do* today to care for someone? Not how you felt - what you actually did.

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⁰⁵ **Examine your motives for connection**

Before your next act of connection (call, text, gift), ask: am I giving because they need it, or because I need them to need me?

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⁰⁶ **Study the art, not just the feeling**

Pick one dimension of love (listening, caring, responsibility, knowledge) and study it deliberately. Treat it like a craft.