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.