

Being loved is generally considered to be beneficial for the beloved's personal autonomy. But the relation between loving and the lover's own autonomy is less clear. There are reasons to think that loving makes lovers vulnerable in ways that would harm their autonomy. In this paper, I argue that loving is actually overall beneficial for the lover's own autonomy. I base my argument on a Socratic conception of love as a desire for engaging in 'deep conversation' with the beloved.