Does your phone help you to say "I love you?"

Sure, yeah, it can convey that kind of message. I think that has to do with the intention of the sender, right, so if you're wanting to say "I love you" and can convey that message with your cell phone, I think it means as much.

I guess I say "I love you" on my phone a lot either via text or in person, but I don't think it really helps me communicate it more honestly, or fully, or genuinely.

I've been in a long distance relationship so there's FaceTime, and text messaging, and the opportunity to maybe talk, well the opportunity to talk at all, but also the opportunity to send messages and emails when the time change is such that we probably shouldn't be talking to each other vocally, because one of us is asleep or one of us is awake, so... it increases the sphere of time we can keep in touch with each other. I'm kinda sad to say, but yes my cell phone does help me to say, "I love you."