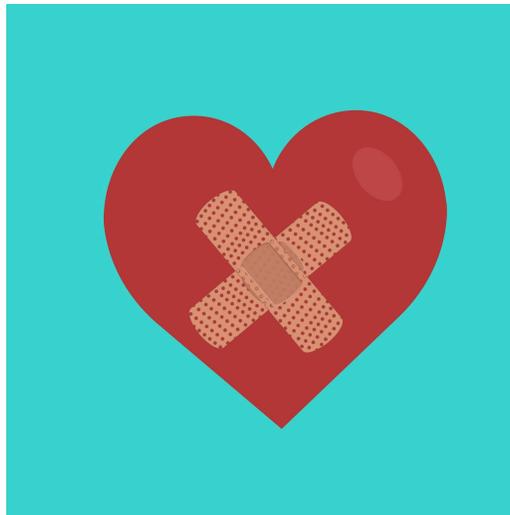


LOVE SERIES – PART 4

Healing Love Wounds & Relearning How to Love

A Companion Workbook for Reflection, Growth, and Intentional Connection
Designed to support individuals, couples, families, and friendships



You don't have to complete this workbook all at once. Move at your own pace. Pause when needed. Return with compassion.

Section 1: Individual Reflection – Healing Your Relationship With Love

This section is for personal reflection. You may choose to journal, pause, or simply sit with the questions.

What did love feel like growing up? What patterns do you notice repeating in your relationships today?

Where do you notice yourself protecting instead of connecting?

What would healthier love look like for you now?



Section 2: Couples – Relearning Love Together

This section is for romantic partners who want to understand each other more deeply.

Discuss when you feel most loved by each other and when you feel most disconnected.

Talk about how conflict was handled in your families growing up and how that shows up now.

Identify one small, intentional way you can support each other this week.



Section 3: Families – Creating Healthier Emotional Patterns

Family love is often layered and complex. This section invites honesty with compassion.

Reflect on unspoken rules about emotions in your family system.

What boundaries would help preserve connection without resentment?

How can appreciation be expressed more clearly within your family?



Section 4: Friendships – Intentional Connection Beyond Obligation

Friendships thrive on reciprocity and presence.

Consider whether this friendship feels balanced and supportive.

Reflect on how you show care and how you receive it from friends.

Is there a conversation or repair that could strengthen this connection?



Closing Reflections

Healing love wounds is not about perfection. It's about presence, awareness, and choice.

As you move forward, ask yourself how you can love with clarity, compassion, and self-respect.

You are allowed to grow.

You are allowed to change.

You are allowed to choose healthier love.

