



# Are You Loving From Fear or From Wholeness?

Free Worksheet + Newsletter + Social Posts · Sunday July 12, 2026

Worksheet

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## Fear or Wholeness?

A simple reflection sheet – because knowing the difference changes everything

*"The most compelling love stories are not between two people who need each other desperately. They are between two people who are already whole on their own and choose each other anyway."*  
— Karlene Pitters

### QUICK REFLECTION

Am I in this relationship – or seeking love – because I truly want it, or because I am afraid of what life looks like without it?

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### LET'S CHECK IN

Which of these feels most true for you right now? Check any that apply:

I stay in relationships out of fear of being alone

I shrink myself to avoid conflict or rejection

I measure my worth by whether someone chooses me

I feel mostly secure and at peace in my relationships

### ✦ THIS WEEK'S WHOLENESS CHALLENGE

Choose one to practice this week. 💕

- 💕 Write down three things you love about yourself — not achievements, just you
- 💕 Do one thing this week purely for yourself
- 💕 Say no to something that does not honor your worth
- 💕 Notice one place fear has been driving a decision — and choose differently 🌞

### ✦ THIS WEEK'S AFFIRMATION



✦ READ THIS OUT LOUD ✦

*"I am whole on my own. I do not need love to complete me — I choose love because it adds to a life I already love. I am secure in my worth."* 💕



#### ✦ WANT TO GO DEEPER?

The full guided experience is inside **The Complete Love Toolkit** — my Love on Purpose guided journal AND The Love That Feels Like Home 30-day workbook bundled for just **\$17.99** • **Save \$3.00!** Available at [stan.store/Toniel](https://stan.store/Toniel) 💕