

Love, Unscripted

A February Reflection Kit on Real Love

This complete February kit explores love beyond performance—centering honesty, consistency, vulnerability, courage, and emotional safety.

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Week 1: What Real Love Looks Like for Me

Define love on your own terms—beyond appearances, comparison, or pressure.

Reflection Prompts:

- When love feels real to me, it looks like:
- The things I no longer confuse with love are:
- The kind of effort that makes me feel safe and seen is:
- What I value more now than perfection is:

Week 2: Love That Lasts

Explore the kind of love built on consistency, emotional safety, and daily choosing.

Couples Reflection Prompts:

- When do you feel most loved by me?
- What small, consistent action makes you feel secure?
- One way we've grown together over time is:
- What does emotional safety look like for us?

Week 3: Choosing Love Anyway

Affirmations for brave, vulnerable hearts choosing love despite fear.

- I can feel fear and still choose love.
- My past does not control my future connections.
- I am allowed to move forward slowly and honestly.
- Vulnerability is strength, not weakness.
- I protect my heart without closing it.
- The right love will meet my courage with consistency.
- I deserve love that feels safe enough to risk.
- I am brave enough to try again.

Love doesn't require fearlessness—only willingness.