

Week 3

my LOVE STANDARDS & BOUNDARIES

A Reflection on Healthy Love, Emotional Safety & What I Truly Deserve

Before You Begin

Love should not cost you your peace.

This worksheet is your reminder that healthy love begins with clarity.

The clearer you are about what you need, what you value, and what you will no longer accept...

The stronger your roots become.

Take your time.

Be honest.

Your standards are not “too much.”

They are simply a reflection of what matters to your heart.

SECTION 1: What Love Means to Me Now

In this season of my life, love feels like:

- Peaceful
- Passionate
- Safe
- Consistent
- Honest
- Joyful
- Emotionally Mature
- Supportive

- Other: -----

The kind of relationship I truly want feels:



SECTION 2: My Non-Negotiables

These are the things I need in order to feel emotionally safe, loved, and respected.

I need a partner who:

- Communicates honestly
- Is emotionally available
- Is consistent
- Respects boundaries
- Makes me feel emotionally safe
- Shows effort
- Supports my goals
- Takes accountability

- Other:

Three relationship qualities I will no longer compromise on:

1.

2.

3.

 **SECTION 3: Boundaries That Protect My Peace**

Healthy boundaries are not walls.

They are self-respect.

I will no longer accept:

- Mixed signals*
- Inconsistent communication*
- Emotional unavailability*
- Lack of honesty*
- Disrespect*
- One-sided effort*
- Feeling anxious all the time*

- Other:*

One boundary I want to strengthen:

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One thing I need to stop tolerating:

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SECTION 4: What Soft Love Looks Like to Me

Complete these honestly:

✦ Soft love feels like:

✦ I feel emotionally safe when

✦ The kind of love I'm growing toward is:

SECTION 5: A Letter to My Future Love

Write a few words to the healthy, grounded love you are calling in:

THIS WEEK'S REFLECTION

Ask yourself:

“Am I choosing love that feels peaceful—or just familiar?”

Sometimes healing means choosing differently.

Sometimes growth means expecting more.

And that is okay.

AFFIRMATION

“I deserve love that feels safe, honest, consistent, and peaceful. I no longer shrink my needs to fit relationships that cannot hold my heart.”

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