

BOOKS BY KARLENE · LOVE AFTER THE HAPPY ENDING · WEEK 2



Why Healthy Love May Feel Different After Heartbreak

Free Worksheet + Newsletter + Social Posts · Sunday October 11, 2026

 Worksheet

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 FREE

Chaos vs. Chemistry

A simple reflection sheet — because peace is not boring 

"Your nervous system may confuse peace for boredom simply because it has never felt safe long enough to know the difference." — Karlene Pitters

QUICK REFLECTION

Have I ever mistaken chaos for chemistry in a past relationship? What did that feel like at the time?

LET'S CHECK IN

Which feels more familiar to you right now? Check one:

☐ Intense highs and painful lows

☐ Never quite knowing where I stand

☐ Consistent warmth and calm excitement

☐ Feeling secure without needing constant proof

🌟 THIS WEEK'S CHALLENGE

Choose one to practice this week. 💕

- 🌱 Notice one moment of calm and remind yourself peace is healthy
- 🌱 Reflect on a time you mistook chaos for chemistry
- 🌱 Write what consistent love looks like for you day to day
- 🌱 Practice sitting with stillness without creating excitement 🌻

🌸 THIS WEEK'S AFFIRMATION



◆ READ THIS OUT LOUD ◆

"Peace is not a warning sign. I do not need chaos to feel loved. I trust that calm, consistent love is real love." 💕



◆ NOW AVAILABLE ◆

Angelo and Iris learn that calm, steady love is not "less" than intensity — it is simply safer.
Meant to Be Yours is available now!