

BOOKS BY KARLENE · LOVE AFTER THE HAPPY ENDING · WEEK 1



What Does Emotionally Safe Love Feel Like?

Free Worksheet + Newsletter + Social Posts · Sunday October 4, 2026



Worksheet



Newsletter



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FREE

Emotionally Safe Love

A simple reflection sheet — because finding love is only the beginning 

"Emotionally safe love does not ask you to shrink, perform, or brace yourself. It simply asks you to be exactly who you are." — Karlene Pitters



QUICK REFLECTION

Do I feel emotionally safe in my closest relationship right now — with a partner, a friend, or myself?



LET'S CHECK IN

Which signs of emotional safety feel present in your life? Check any that apply:



I can communicate honestly without rehearsing it first



I can be vulnerable without bracing for impact



I feel accepted, not just tolerated



I do not fear rejection or abandonment in hard conversations

✦ THIS WEEK'S CHALLENGE

Choose one to practice this week. 💕

- 💕 Notice a moment you felt fully accepted, exactly as you are
- 💕 Share one honest feeling without rehearsing it first
- 💕 Reflect on whether your closest relationships feel safe or uncertain
- 💕 Write what emotional safety would need to look like for you 🌻

🌸 THIS WEEK'S AFFIRMATION



✦ READ THIS OUT LOUD ✦

"I deserve love that feels calm, consistent and safe. I do not have to earn acceptance — I am worthy of being fully myself in love." 💕



✦ NOW AVAILABLE ✦

*Iris and Angelo discover that healthy love can feel entirely different from the love that once hurt them — in **Meant to Be Yours**, available now!*