

April Awakenings

Deepening Love & Connection • Complete Reflection Kit (Weeks 1–4)

Step into a deeper, more meaningful experience of love. This complete kit is designed to guide you through emotional connection, vulnerability, and aligned love.

Karlene Pitters • Books By Karlene • www.jamericandream.com

Week 1 – The Love That Listens

I feel most heard in love when:

What I need more of in communication is:

When I don't feel heard, I feel:

A moment I felt understood was:

How I can express myself more openly is:

How I can create space for others to feel heard:

Week 2 – Closer Than Before

I feel most emotionally connected when:

One way I can be more open is:

A moment I felt truly close was:

What holds me back from deeper connection is:

How I can create more intimacy is:

The connection I want looks like:

Week 3 – The Power of Softness

Soft love feels like:

I feel safe in love when:

I am vulnerable when:

My fear around softness is:

A moment of gentle love I experienced:

How I can invite more softness is:

Week 4 – Seen, Chosen, Loved

I feel truly seen in love when:

Being chosen consistently looks like:

The kind of love that feels like home to me is:

What emotional safety means to me:

One thing I will no longer accept in love is:

The love I deserve feels like:

Love deepens when we allow ourselves to be seen, heard, and gently held. Let this be your reminder: the love you deserve will always feel like home.

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