

Remembering Love

A Letter to the Part of Me That Feels Unsafe in Love

(A Guided Self-Compassion Practice)

This exercise invites you to write from your **wise, compassionate self** to the part of you that feels unsafe in love. This is the part that fears rejection, abandonment, or loss of control when closeness feels uncertain. There are no right or wrong answers — write from the heart, not the head. Take your time, breathe, and notice what arises in your body as you write.

1. Meeting the Part That Feels Unsafe

Take a moment to notice this part of you. What does it look or sound like? How old does it feel? When does it tend to show up in your relationship?

“Dear part of me that feels unsafe in love...”

I see you. You’ve been with me for a long time. You often show up when...

You believe that...

You make me feel...

2. Understanding and Compassion

Speak to this part with kindness, as if you were talking to a younger version of yourself who learned that love wasn’t always safe or consistent.

I understand that you learned to protect me by...

You were trying to make sure I would never feel...

It makes sense that you believed you needed to stay alert or in control to feel loved.

I know it’s been exhausting carrying this fear for so long.

3. Reassurance and Safety

Now speak from your adult, compassionate self — the part of you that can hold safety and love together.

You don’t have to protect me in the same way anymore.

Love can be safe when I choose partners and boundaries that honor my needs.

I can soothe myself when I feel anxious or disconnected.

I want you to know that you are not alone — I am here with you now.

You no longer have to fight to be seen or heard. You are worthy of love, exactly as you are.

4. Creating a New Way of Loving

What would it mean to have relationships that feel safe, mutual, and open instead of anxious or controlling?

From now on, I want to see love as...

When I feel afraid, I will remind myself that...

I choose to build connection through...

The kind of love I want to create is rooted in...

5. Closing Reflection

Take a moment to reflect on what you discovered while writing. You might place a hand on your heart and breathe softly as you read your words back to yourself.

As I finish this letter, I notice...

The message I want this part of me to remember is...

Signed,

Your Compassionate Self

Optional Mindful Reflection (after writing)

Where in my body do I feel more at peace or grounded?

What truth about love feels clearer to me now?

How can I bring more safety and softness into my relationship?