

LOVE WITHOUT LOSING YOURSELF

Learning to Love from a Place of Security Rather Than Fear

A companion worksheet to the Reflections for Christian Living article: [Is It Love or the Need to Be Loved?](#)

Name or initials: _____ Date: _____

A self-reflection worksheet for dating, emotional security, and healthy connection

Wanting love, affection, and reassurance does not make you needy. Healthy relationships make room for real needs, honest communication, personal responsibility, and mutual care.

This worksheet invites you to explore whether your dating choices are guided by connection and discernment—or sometimes by fear of rejection or a need to prove your worth.

1 | Notice Your Relationship Patterns

Rate each statement: 0 = Never 1 = Rarely 2 = Sometimes 3 = Often 4 = Almost always.

Statement	Circle one
I feel anxious when someone I am dating does not respond quickly.	0 1 2 3 4
I look for reassurance that I am attractive, desirable, or important.	0 1 2 3 4
I worry that expressing my needs will cause someone to lose interest.	0 1 2 3 4
I overlook behaviors that bother me because I do not want to lose the relationship.	0 1 2 3 4
My mood or sense of worth shifts with the attention I receive.	0 1 2 3 4
I can enjoy my own life, friendships, and interests while dating.	0 1 2 3 4
I can express a need without demanding, withdrawing, or becoming overwhelmed.	0 1 2 3 4
I can recognize when someone is not a good match, even if I feel attracted to them.	0 1 2 3 4

Reflection: Which two statements stood out to you? What might they reveal?

These questions are for self-reflection, not a diagnosis or a scored psychological test. The last three statements describe strengths you may already have or wish to develop.

2 | Dependency or Healthy Connection?

When fear takes the lead...	When security takes the lead...
I need you to make me feel valuable.	I know I have value, and I appreciate being valued by you.
I ignore my needs so you will stay.	I can speak honestly about my needs.
I need constant proof that you care.	I can ask for reassurance without demanding constant proof.
I change myself to keep your interest.	I can be myself and remain open to growth.
Being single means I am incomplete.	I can desire partnership and still live a meaningful life.
I focus only on whether you choose me.	I also ask whether this relationship is healthy for me.

Which statements feel familiar? What would you like to practice instead?

3 | Understand the Need Beneath the Feeling

Imagine you have enjoyed getting to know someone, but they have not contacted you for two days. There is no single “correct” feeling. Use the questions to slow down and understand your response.

What emotion do I notice first?

What story am I telling myself about the silence?

What am I afraid it means about me?

What do I actually need—clarity, consistency, reassurance, respect, or something else?

How could I respond while respecting both my needs and the other person’s autonomy?

An anxiety-driven response might be repeated texting to escape uncertainty. A grounded response might be acknowledging disappointment, continuing your day, and calmly discussing communication preferences when appropriate.

Being secure does not mean tolerating dismissive, disrespectful, or persistently inconsistent behavior.

4 | Remember Who You Are

I am valuable because...

Three qualities I bring to a relationship are...

My life has meaning outside a romantic relationship because...

The kind of love I want to give is...

The kind of love I hope to receive is...

Three things I will not compromise to keep a relationship are...

If a relationship ends, I want to remember...

5 | A Week of Intentional Practice

Notice moments when you long for attention, reassurance, or closeness. Your goal is not to eliminate these desires but to respond thoughtfully.

Situation	What I felt / needed	How I responded	A grounded next step
He did not text back.	Anxious; wanted reassurance.	Checked my phone repeatedly.	Regulate my anxiety and clarify expectations if needed.

6 | Reflect on Love and Worth

If you knew—without any doubt—that you were valuable, lovable, and worthy of respect, how might you approach dating differently?

Optional faith reflection: Consider Psalm 139:13–14 and 1 Corinthians 13:4–7. What do these passages suggest about human worth and the character of love? How might those truths influence the way you give and receive love?

Takeaway: I can desire closeness without abandoning myself. I can express my needs without shame, and I can choose relationships that reflect mutual care, respect, and consistency.

For personal reflection and educational use. This worksheet is not a substitute for individualized mental health care or relationship safety planning.