

## How to Find and Recognize Your True Love. Module 1. Lesson 6. Additional Resources.

### **I have the strength to walk away from unhealthy relationships.**

My personal wellbeing is one of my top priorities. If someone threatens my peace and happiness by being mentally abusive or by constantly being negative towards me, I have the strength to walk away.

**I owe it to myself to ensure that the relationship I am in is healthy.** I deserve to be treated well and I also deserve to be adored by my significant other. This is how relationships should be!

When I am feeling down, my significant other should comfort me and endeavor to make me smile. If I am hurt, my loved one should console me. **When I need to talk, my other half should be ready and willing to listen.** And if I want to spend time with my friends, I should be able to do so without repercussion.

All of these actions point towards a healthy relationship that is built upon love, trust, and friendship. Without these three vital components, a relationship is lost and loveless.

**I have the strength to walk away from a relationship that makes me feel uneasy.**

Though I may feel love for the person, it is impossible to be in love with someone who treats me like a lesser partner. I may be in love with their company, but not their harmful actions.

Even if I have to be single, **I would much rather be alone than in bad company!**

Today, I deserve nothing less than the best. There are many fish in the sea; I'm certain that my destiny includes a loving romance.

#### **Self-Reflection Questions:**

1. Do I often stay in doomed relationships because I'm scared of being alone?
2. Is my family supportive of my relationship?
3. Why or why not?