



♥ TREASURED BY THE STORM ♥  
TRUTH. HEALING. GROWTH. REAL LIFE.

# THE PEOPLE *Who Only Know* HOW TO LOVE IN SURVIVAL MODE

SOMETIMES PAIN RECOGNIZES PAIN FASTER THAN PEACE.  
HEAL YOURSELF FIRST. LOVE BETTER.



## Worksheet ♥♥

This worksheet is designed to help you reflect, heal, and grow from the truth behind survival mode love.

### 1 SELF REFLECTION ♥

Take an honest look at yourself.

- What does "love" feel like to you?

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- What patterns do you notice in your relationships?

\_\_\_\_\_

- Do you find comfort in chaos more than peace? Why?

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- What wounds do you think influence the way you love?

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\_\_\_\_\_

### 2 LOYALTY CHECK ♥

Check all that apply to you.

- I confuse intensity with love.
- I stay in relationships hoping they will change.
- I ignore red flags because I don't want to be alone.
- I give more than I receive.
- I struggle with trusting peace.
- I have a hard time being alone with myself.
- I put others' needs before my own healing.
- I stay in survival mode more often than I admit.

### 3 TRUTH MOMENT ♥

What's the real truth you've been avoiding about your love life?

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What would change if you faced it honestly?

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### 4 CORE WOUND IDENTIFIER ♥

List the top 3 wounds that impact the way you love or choose love.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

How have these wounds shown up in your relationships?

\_\_\_\_\_

\_\_\_\_\_

### REMEMBER

Healing people seek peace.  
Unhealed people often seek distraction disguised as connection.



### 5 HEALING COMMITMENT ♥

What are 3 commitments you will make to heal and love better?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What does healthy love look like to you?

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### 6 RELEASE + RENEW ♥

TODAY, I RELEASE:

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\_\_\_\_\_

TODAY, I CHOOSE:

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### DAILY AFFIRMATION

*I choose healing over chaos.  
I choose peace over pain.  
I choose me, so I can love freely.*



ONE WORLD.  
ONE PEOPLE.  
MANY STORIES.  
ONE PURPOSE.



HEAL YOUR WOUNDS.  
PROTECT YOUR PEACE.



YOU SURVIVED.  
NOW THRIVE.



LOVE BETTER.  
LIVE FREELY.

*Treasured By The Storm* ♥

BOLD. FIERY. UNBREAKABLE.

💬 DROP YOUR THOUGHTS. COMMENT, LIKE, AND SHARE. ♥