



UNAPOLOGETICALLY

Reborn

WHAT Safe Love LOOKS LIKE



LOVE SHOULD FEEL LIKE HOME, NOT A BATTLEFIELD.



Safe love is...

A love that feels calm in your body and peaceful in your mind.

It is not boring.
It is not less passionate.
It is stable, consistent, and real.

SAFE LOVE IS BUILT ON:



SAFETY

You feel secure in who they are and how they show up.



RESPECT

Your feelings, boundaries, and voice are never dismissed.



HONESTY

They are real with you, even when it's hard. No games. No hiding.



OPENNESS

Clear communication creates clarity, not confusion.



EFFORT

They choose you consistently—not just when it's convenient.



GROWTH

You both support each other's healing, evolution, and becoming.

SAFE LOVE FEELS LIKE...



You can be yourself without fear of being punished or rejected.



You feel more peace than anxiety. More clarity than confusion.



Your boundaries are honored, not argued with.



You can communicate hard things without walking on eggshells.



They take accountability and do the work.



You feel chosen, not tolerated.



You can relax, exhale, and trust the connection.

*Safe love feels like a deep breath.
You finally exhale.* 

IT IS NOT SAFE LOVE IF...



You feel like you're walking on eggshells.



Love feels unpredictable, intense one day, distant the next.



They blame you for their emotions or actions.



They dismiss, minimize, or invalidate how you feel.



You keep questioning where you stand.



You have to earn their love, attention, or effort.



You lose yourself trying to keep the peace.

*If it costs you your peace,
it's too expensive.* 

SAFE LOVE IS CONSISTENT. NOT PERFECT.

It's two imperfect people who are willing to communicate, repair, and grow together.

WHAT REPAIR LOOKS LIKE

- ✓ Taking responsibility instead of blaming.
- ✓ Apologizing without excuses.
- ✓ Listening to understand, not to defend.
- ✓ Making changes, not just promises.
- ✓ Choosing the relationship, even after the hard moments.

Repair is how love grows. 

THE DIFFERENCE

TRAUMA LOVE

Feels like:

High highs
Low lows
Anxiety
Walking on eggshells
Confusion
Fear of losing them
Chasing & proving
Emotional exhaustion



SAFE LOVE

Feels like:

Peace
Stability
Clarity
Emotional safety
Consistency
Secure connection
Mutual effort
Emotional relief



REFLECTION QUESTIONS

- ♥ Do I feel safe being fully myself?
- ♥ Do I feel more peace or more stress in this connection?
- ♥ Are my boundaries respected?
- ♥ Can we communicate openly without fear?
- ♥ Do they choose me consistently, even when things are hard?
- ♥ Is this relationship helping me grow or keeping me stuck?

REMINDERS TO YOUR HEART

- 👑 You deserve consistency, not confusion.
- ♥ You deserve effort, not mixed signals.
- 🌿 You deserve to feel safe, seen, and deeply valued.
- ★ You are not asking for too much. You are asking for the right love.

*You don't have to settle
to have a love that feels like home.* 

AFFIRMATION



*I am worthy of a love that is safe, consistent, and real.
I will no longer confuse intensity for intimacy.
I choose peace. I choose healing. I choose safe love.*

NOTE TO SELF

THIS IS WHERE SURVIVAL ENDS AND CHOICES BEGIN.

