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To feel loved

Imagine Love as a light, accepting, warm presence that's with you now.
Not judging you - whatever you've done, however you're feeling....



love
Love x

What would Love say to you?

What would Love want you to know today?

What loving name would Love call you?

What words would Love give you to support you?

Write a letter to yourself from Love.

Each time you need to feel love,
write a letter to yourself from Love.

For more resources go to
whenthetsiongoes.com



to calm down



to express yourself



to not feel so alone



to sort out your head



to feel good enough



to like yourself



to take care of yourself



to know what to do



SOS

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