

Soulmate School Writing Exercise: Let Love In

An essential part of opening to love is being able to allow someone to really love you, to receive their love. You can only be as valued and loved in partnership as you value and love yourself. Yet if you've been hurt in the past you may have built up protection around your heart to keep it from happening again. Yet this same protection can actually keep love at bay. Being able to receive, to be vulnerable and to love yourself are key aspects to calling in a healthy, loving partnership.

1) How easy is it for you to receive? When someone gives you a compliment how do you typically respond? Do you ask for help and support from your friends and family? Or do you prefer to do it all yourself?

2) What is your experience in accessing your vulnerability? Are you able to express your hurts, your needs, your desires to those close to you?

3) When you feel vulnerable how do you react? Do you shut down, get controlling, hide away, have big outward emotions, something else altogether?

4) Do you have a tendency to over give to others? Do you allow yourself to receive as much as you give?

- 5) How do you treat yourself in general? Are you kind and forgiving? Are you critical and judgmental? How would you prefer your future partner to treat you? What steps can you take to begin to treat yourself the way you want to be treated by a beloved?