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Love Letter — “To Be Well Loved”

My Dear, I just wanted to say ~

It looks like much of your insecurity these days stems from not being comfortable with yourself and therefore, not comfortable nor secure around other people. This allows you to be subject to the winds of change in the world's opinion of you.

I thought it might be a good exercise for you to think about what being comfortable with yourself means. Accepting and loving yourself the way you deserve, the way you've always wanted to be loved. As Julia Cameron says, “Treating yourself like a precious object will make you strong.”

To be well-loved, you need to be ~

Listened to

Told the Truth

Accepted for who you are right now, what you've done or didn't do

Cared about

Appreciated lavishly

Supported generously

Treated like you're someone special and important

What else can you think of?

The key though is not in finding someone, some mother, father, lover, friend who will do these things for you, but rather to treat yourself this way.

I ask God to help you in doing this.

All My Lovin',

A

For more Love Letters visit www.UpWriteWords.com