

# ***The Lies That Keep Love Unsafe***

## *And the Truths That Set You Free*

### **1.**

**Lie:** Love will feel safe once I find the right partner.

**Truth:** Love will feel safe once your nervous system stops confusing intimacy with danger.

Your body has to learn safety before it can recognize it in another. Until then, you'll keep calling trust "too much" and calm "boring."

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### **2.**

**Lie:** You just need to be more secure.

**Truth:** You need to stop forcing regulation and start building it.

"Secure" isn't a personality trait.

It's a practiced capacity — built through slow, consistent nervous system repair.

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### **3.**

**Lie:** I must be broken if this keeps happening.

**Truth:** You're not broken — your system is just brilliant at self-protection.

What looks like sabotage is often a pattern that once kept you safe.

But now it's keeping you small.

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#### 4.

**Lie:** Boundaries will push people away.

**Truth:** Nervous system safety creates boundaries that attract deeper connection.

People aren't repelled by your boundaries — they're either aligned or they're not.

But your system can't hold the difference unless it feels safe enough to speak.

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#### 5.

**Lie:** Regulation means being calm all the time.

**Truth:** Real regulation is the ability to return to yourself — not to avoid intensity.

The goal isn't to avoid charge.

It's to build enough capacity to hold it without collapse or shutdown.

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#### 6.

**Lie:** I can mindset my way out of this.

**Truth:** No belief shift can override a dysregulated system.

Insight doesn't replace embodiment.  
Your wiring must feel safe enough to integrate what you already know.

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## 7.

**Lie:** Safety is soft.

**Truth:** Safety is power.

It takes immense strength to stop performing, stop fawning, stop overfunctioning — and just be.

Safety isn't passive. It's your most grounded authority.

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## 8.

**Lie:** If I let go, I'll lose control.

**Truth:** You're not losing control — you're building internal safety that no longer *needs* control.

You don't have to white-knuckle your life.

You just have to anchor deeper than the chaos.

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## 9.

**Lie:** Feeling triggered means I'm not healed.

**Truth:** Feeling triggered is an invitation — not a failure.

The question isn't "Why am I triggered?"

It's "Can I meet this moment with regulation instead of reaction?"

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## 10.

**Lie:** If I say what I really feel, I'll be rejected.

**Truth:** When your nervous system is safe, your truth becomes your filter — not your risk.

You don't lose love by being real.

You lose performance. And that's the beginning of freedom.

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## 11.

**Lie:** Regulation means never feeling activated.

**Truth:** Regulation means trusting yourself to *come back* — without collapse, shutdown, or shame.

Being "regulated" isn't about perfection.

It's about elasticity — the ability to move through intensity and return with more self intact.

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## 12.

**Lie:** I have to prove I'm worthy of peace.

**Truth:** You don't earn peace — you *restore* it by returning to the parts of you that never needed to perform.

The nervous system doesn't need more performance.

It needs permission to exhale — and that only comes from internal safety.

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## 13.

**Lie:** You're safest when you're small, agreeable, or invisible.

**Truth:** The safest place to be is in full presence — with a system that knows how to hold all of you.

Dimming yourself doesn't protect you.

It disconnects you from the very intimacy you crave.

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#### 14.

**Lie:** I need to stay in control to be loved.

**Truth:** True love requires surrender — not strategy.

If connection costs you your softness, it isn't safety.

It's survival.

And your body deserves more than that.

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#### 15.

**Lie:** Boundaries are walls.

**Truth:** Boundaries are bridges — when your system feels safe enough to speak them with clarity instead of collapse.

You don't need to harden.

You need to anchor.

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#### 16.

**Lie:** I need to fix my triggers.

**Truth:** You need to become the version of you who can meet your triggers with leadership, not fear.

Healing isn't about elimination.  
It's about *expansion* — of what you can hold without losing yourself.

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## 17.

**Lie:** If I were more healed, this wouldn't affect me.

**Truth:** The goal isn't to avoid being affected — it's to stay *connected to yourself* no matter what arises.

This is capacity, not avoidance.

Power, not perfection.

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## 18.

**Lie:** Self-trust comes from results.

**Truth:** Self-trust comes from how you respond when results *don't* go your way.

It's not "Did I win?"

It's "Did I abandon myself when it got hard?"

That's the nervous system rewire.

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## 19.

**Lie:** My needs are too much.

**Truth:** When your system is dysregulated, even basic needs feel like threats — but the problem isn't the need. It's the wiring.

You don't need to shrink.

You need to rewire the internal belief that asking = abandonment.

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## 20.

**Lie:** I'll feel safe once I'm fully healed.

**Truth:** You'll feel safe when you stop outsourcing safety to your circumstances — and start building it in your *body*.

Safety isn't a finish line.

It's a practice. And it starts now.

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## 21.

**Lie:** The goal is to be unshakable.

**Truth:** The real goal is to be self-returning — to know how to come back to yourself, again and again, no matter what.

Regulation isn't about invincibility.

It's about recoverability — and that makes you powerful.

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## 22.

**Lie:** I shouldn't need reassurance.

**Truth:** Your need for reassurance isn't weakness — it's a signal your system is still building inner safety.

The mature response isn't to suppress the need.

It's to *meet it with sovereignty*.

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## 23.

**Lie:** I'm thriving because I've learned to hold it all.

**Truth:** Holding it all is only a survival flex until your nervous system learns to receive support without guilt or shutdown.

Endurance isn't the same as capacity.

If you can't soften, you're not safe.

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## 24.

**Lie:** Staying neutral keeps me in my power.

**Truth:** Neutrality isn't always regulation — sometimes it's a freeze response dressed up as stoicism.

Power isn't being unbothered.

It's being present — in your full range.

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## 25.

**Lie:** I can only be loved when I'm easy to be around.

**Truth:** If love requires you to be low-maintenance, it's not love — it's performance.

Safety means you don't need to filter your humanity.

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## 26.

**Lie:** I can only rest once everything is resolved.

**Truth:** You can't resolve anything *until* your system learns to rest.

Rest isn't a reward — it's a regulation tool.  
Without it, you're thinking from survival, not sovereignty.

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## 27.

**Lie:** If I explain myself perfectly, I'll be safe.

**Truth:** The more you feel safe internally, the less you need to over-explain externally.

Clarity isn't built from scripts.

It's built from a regulated system that doesn't need to beg to be understood.

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## 28.

**Lie:** If it's not hard, it's not worth it.

**Truth:** Struggle is not a prerequisite for depth.

The nervous system learns what it repeats.

And if you normalize struggle, your body will resist peace — even when it's offered.

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## 29.

**Lie:** Being "too much" is a flaw.

**Truth:** "Too much" is what dysregulated people call a woman who's no longer editing herself for their comfort.

Once you're safe in yourself, you'll stop shrinking to fit someone else's capacity.

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**30.**

**Lie:** I shouldn't be upset by this anymore.

**Truth:** Healing isn't about not feeling — it's about relating to your feelings with power instead of panic.

If you're upset, there's information.

And if you're safe, you'll know what to *do* with it.