

TRUE YOU

EDITION 2

LOVE
RELATIONSHIPS
& DATING

SINGLE
by CHOICE

What if every
relationship
is about love?

WHAT'S
SELF-LOVE

WHAT ARE YOUR
STANDARDS?

DATING

Don't accept less



FUNDACIÓN INDERA

Well-being is our Foundation

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Obra Social "la Caixa"

EDITOR'S Words

Life as a teen and young adult can be rough – you are thrown out into the world and sometimes everything feels like it's ganging up against you... your body is changing, you want to be popular, you don't know who you are, you want to fit in, or sometimes don't want to fit in!.. but basically just want to be loved!

This is why we have made this second edition of True2You to support you in all things **Love, Relationships & Dating.**

Loving ourselves doesn't have to be dramatic or complicated, it can be simple and fun, starting with taking care of yourself.

Sometimes we have so many expectations of ourselves and others that it makes it hard to just be ourselves. Do you know that feeling? That you feel you have to be a certain way or the other person won't like you?

How often do we compromise our standards and not honour what we feel just to fit in or be liked more by others?

Because of this you may find yourself investing in the wrong relationship/s... relationships that are toxic...just to say you are in a relationship and to feel 'normal'. But this can then lead into a slippery road of unhealthy or toxic relationships, all because we feel like we 'have to' fit in or that something is wrong with us if we are not in a relationship.

Which is why exploring and learning to say NO to what is not supporting you and YES to what does, is key in life and what we offer to you at True2You.

Have you ever considered how empowering it would be to be single by choice? Choosing to be single is actually a choice to be in relationship with yourself – to develop a deeper connection with you by giving yourself the space to learn and get to know more about you.

Making decisions that truly support you is **taking care of yourself.** It is listening to your body and what you are feeling and responding to this. Paying attention to what and how we feel is important. It helps us to have something we can rely upon and say yes or no to when everything around us doesn't seem that great. It's our inner compass!

Enjoy this second edition of True2You and bath in the love you have for yourself. If you need support with anything in your life do not hesitate to contact us. We have an amazing team of experts who will offer you the love and care you need and deserve to grow and live a joyful life.

Truly,
Rachel Andras



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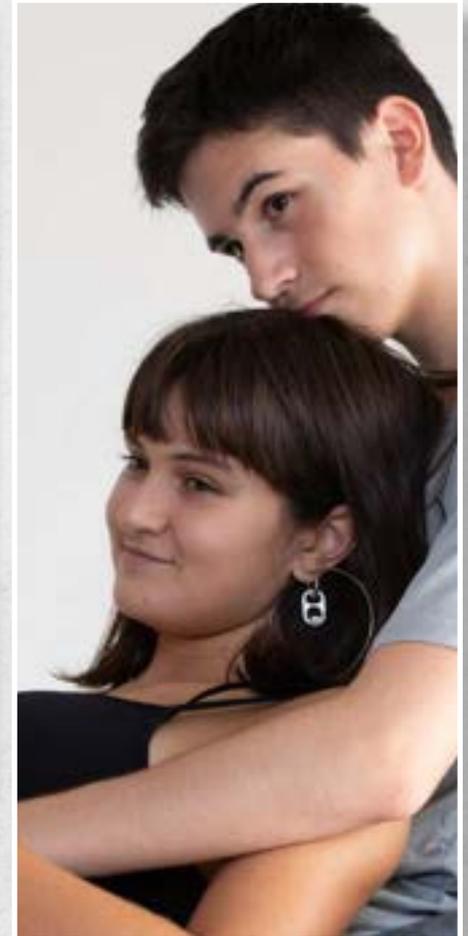
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We all miss being loved, because we currently live in a loveless world. A world that is based on images telling us what love is or should be. But are these images and what they tell and show us really love?



ALL WE WANT

IS LOVE

In truth all we want is love and to be loved.



Could it be that we see love as:

- 1 Attention from someone
- 2 Receiving gifts, favours and being made to feel special
- 3 Receiving likes and comments on social media
- 4 Getting recognition or being noticed
- 5 Getting compliments
- 6 Sex and any form of physical touch
- 7 Only being in a romantic relationship

If you look at all the relationships in your life, which one would you say is the most important one? You might start to think of different relationships or people in your life, but what if the most important relationship is the one with yourself?

What if true love starts with our relationship with ourselves first!

But is this really love?



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We are with ourselves 24/7

Just think about it, we are with ourselves 24/7, all day and night. We are our bestest friend.

Loving ourselves doesn't have to be dramatic or complicated, it can be simple

and fun, starting with taking care of yourself.

How would it look like if we take care of ourselves 24/7 and how would it look like if we didn't take care of ourselves 24/7?

How to LOVE ourselves?

Loving yourself is just about making decisions and choices that truly support you!

Making decisions that truly support you is **TAKING CARE OF YOURSELF**. It is listening to your body and what you are feeling, and responding to it.

Paying attention to what and how we feel is important. It helps us to have something we can rely upon and say yes or no to. It's our inner compass!

We can make decisions from our heart: Making decisions from our heart is listening and responding to everything you feel.

LOVING YOURSELF IS YOUR #1 RESPONSIBILITY

Making decisions that truly support you is loving you and this is Self-love its the love you express towards yourself.

Loving you is a priority, no matter if you are in a relationship or not. How awesome is that!

If you love yourself, when going into a relationship you are not looking for the other person to fill your needs, but you are free to share and enjoy the love you are growing together.

WHAT HAPPENS WHEN WE DON'T LOVE OURSELVES?

We feel empty, lonely, not good enough and we are constantly trying to better ourselves, looking for recognition and attention hoping to get the love that we want from another.



**Have fun
loving you!!**

Scenario 1: Imagine, you are empty, lonely and hate yourself and your body. Then someone is interested in you and gives you the attention and adoration you have never given to yourself. You will feel super loved, BUT do you know then if it is true love or just someone paying attention to you...??

Scenario 2: Someone is saying nice words to you 'you are beautiful', 'you are sexy', 'amazing', 'cute', 'good looking', 'I love you'...But words are easy to say without meaning it, so if you never had these words for yourself you will be sooo flattered... but how do you know these words are true?

Scenario 3: Someone is interested in you and your body...The body that you 've never appreciated...but are they wanting to love and respect your body or just wanting your body to fulfil their own needs and desires?... How do you know if you never cherished your body?

Thirsty for love...

In an empty body you are thirsty for love like a traveller in the desert is desiring water you just take anything that will quench your thirst.

Do you really want to fall in love like a thirsty traveller in the desert, or would you like to be full of love already and start a relationship like that?

If you love yourself you will not look for someone else or the right person to bring that love to you... you already have the love for you and so won't settle for less.

If we love ourselves first we have a marker in our body of what this feels like and from this marker can decide to never accept less than the love we already are...



You will not let others pressure you to do something you don't feel like, because you already feel gorgeous, amazing and awesome within yourself and you go out into the world with that feeling.

We all crave love, but we crave love because we don't learn how to love ourselves.

Loving ourselves can be easy!! So, let's have and hold standards for the love we feel we deserve, and everybody deserves. Don't let others determine standards for you!!!



WHAT IS LOVE?



We believe or are told that love is a strong emotion felt for another person and we learn that this emotion involves affection, compassion, care and even self-sacrifice.

What if this is the complete opposite and love actually has **ZERO EMOTIONS** in it but is instead a beholding of yourself which then holds another in the same space?

WHAT IF LOVE IS ACTUALLY WHO WE ALREADY ARE? SOMETHING WITHIN US THAT IS ALWAYS THERE JUST WAITING FOR US TO CONNECT TO IT?

This is of course very different to what we have thought love to be.

It may sound strange when we hear this first and we may not understand fully what that means...

The truth is that you have all the love you need inside you #truestory!!!!

But we can start with the knowing that Love is the most natural state of being to us – and that we are made of it – it is already within you not something to search for outside of yourself.

And this is already a great start as we can let go of all that we have believed love to be and that it is not just for 'special' moments and with 'special' people.

But does the world reflect this to us? Aren't we constantly told in many ways that we are not good enough?

There are many ways we are told that we are not good enough, that there is someone more beautiful than you, that you have to do millions of things to be loved.

Pretty much every music video, movie, magazine, advertising, social media and sometimes even people close to us, can reflect or say to us we are not enough.

Comparison is all around us! No wonder we have so much lack of self-esteem and self-worth.

All those images and ideals are making us try to achieve:

- The 'right' body and looks
- The 'right' friends
- The 'right' and perfect boyfriend or girlfriend
- The 'right' amount of money so you can buy yourself a good life
- The 'right' job
- The 'right' grades
- The 'right' way to be

DON'T FALL FOR COMPARISON!!!

Comparison is toxic and massive in the world...we compare all the time.

Comparison is when we look outside of ourselves and compare ourselves to someone else. When comparing, we wish for something other than we have or are...focusing on the outside, and not within.

But nothing out there can ever make us feel the grandness we already are inside!!

BE YOURSELF!! There is no need to try!! Allow yourself to be. When you accept yourself, you don't need to get the approval or recognition from others.

MAKE THE CONNECTION TO YOURSELF

- 1 How well do you know yourself?
- 2 Do you accept yourself and your imperfections?
- 3 Are you open to learning about yourself?
- 4 Are you absolutely honest with yourself and how you feel a lot of the time?
- 5 Do you spend time on your own, just with yourself?
- 6 Do you observe what is around you and how this can affect and influence how you feel?
- 7 Do you do what you really love, or do you do what everybody else is doing?

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EVERY RELATIONSHIP IS ABOUT *love*

What exactly is a relationship? 🤔
Is the first thing that comes to your mind when you hear the word relationship, a romantic relationship? 🍷

In truth we are ALWAYS in a relationship! Relationships are ALL the people in our life and everybody around us...so basically...we cannot NOT be in a relationship!

So, it's not so much a question of if we are in a relationship with someone but more how are all of our relationships? **And what is the quality of the relationships we have, including the one with our-self!**

It's not about being perfect but about developing more love and respect for yourself or another 🧡 A relationship with yourself is about caring for yourself and others, but without putting yourself last.

A myth can be if we put ourselves first and not others then we are selfish but if we do this then we could end up constantly overriding our feelings which could end up in an explosion of anger or frustration 🤬 or feeling or thinking less about ourselves and we are not important. #lowselfesteem 😞



So its cool to honour your feelings first. If we make all of our relationships about love and respect this becomes the foundation and its pretty hard to go wrong from there.

Every relationship offers us a reflection to learn, a space to grow and to allow more understanding of ourselves and each other.

Even if a relationship is toxic or unhealthy in walking away from it you are empowering yourself saying yes to love and no to abuse. In doing this you also become a role model for others to be able to do the same.

Are 'good' 🙄 relationships rare?

You might feel like this is true, that being in, or having, a relationship with a partner that is awesome is not something you have experienced or seen that others have. Instead, you might be used to dramas (or observing the dramas other people have) which is all quite exhausting.

Honesty with yourself for this part is pretty important.

A good place to start is to first ask yourself, why do you want to be in a relationship with a partner? Is it because:

- You feel you are ready for a relationship and would like to be in one.
- That you really like/fancy someone.
- Because most of your friends are in a relationship.
- Or that part of you wants someone to fill your needs of being loved or feeling loved and wanted by someone.

Never feel like you have to rush into something you are not ready for, and don't settle for something that doesn't feel right just for the sake of being with someone.

Sometimes we have so many expectations of others and ourselves that it makes it hard just to be ourselves. Do you know that feeling? That you feel you have to be in a certain way or the other person won't like you? So, when we meet someone we pretend to be what we believe they want or need us to be not allowing ourselves to just be who we are. Sounds pretty unsatisfying! Not only that it can build up frustration and anger and create a cycle of self-abuse, resentment and hurt **#toxicrelationship**

If good relationships feel like they are rare to you maybe also ask yourself why are you hanging out with people where this is rare? What are your friend's experiences? Just talking about it can bring more insight and inspiration to do things a different way **#youhavethepowertochangeyourlife** 🤖



Why not just be the Real U

Basing a relationship on honesty allows trust and love to expand between you, because nobody tries to fit into a picture, you are just being who you are which allows you to feel complete...wow!

How can we be just ourselves?

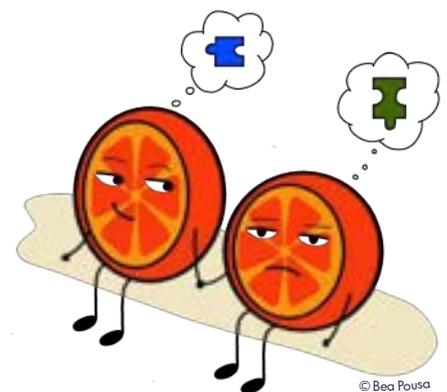
Accepting ourselves for who we are. **There is no image out there in the world that will ever match the grandness you are when being just you!** ✨

This includes being able to express how you feel (of course respecting the other person when we're saying how we feel .. freedom to express is not freedom to abuse!)

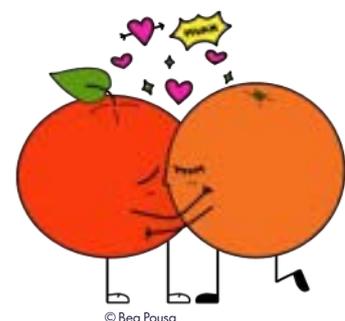
Trying to be someone else is unsustainable and hard work and you will never be able to really trust another, because you don't even trust yourself, because you are not allowing yourself to be true to you...and you know it!! You know that you are playing a game, so don't be surprised if the other does as well. 😬

Being in a relationship based on loving yourself first is far better than any fairy-tale ending.

Is love like this?



Or like this?

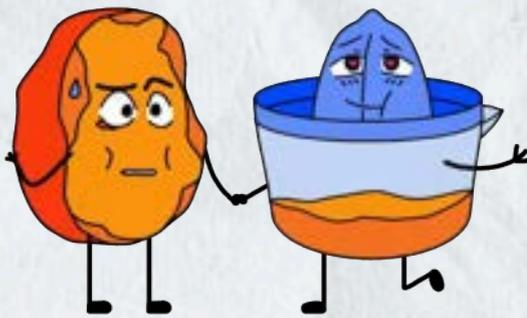


HEALTHY & UNHEALTHY

Relationships

UNHEALTHY REALTIONSHPIS... WHAT DOES IT COST US?

Being in an unhealthy or toxic relationship costs us more than we think. We may want to ignore it or brush it aside thinking its not such a big deal or that we will sort it out later but the more we do this the more the more it nudges us off our path and true course of life and delays us having healthy relationships with other people.



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Tip: Don't keep relationships a secret! Talk to people you trust about them, even if its a friendship in your life where something just doesn't feel quite right. This doesn't mean gossiping about the person but instead sounding out something you feel, or has come up. Even if it sounds silly. In talking about it, it can help you see more clearly what you need to do.

Sometimes we don't want to be seen as the 'bad' person in breaking up with someone or moving on from a friendship but who are we really doing that for and why?

Being in a friendship or relationship so we can be seen as being 'nice' or just to be in one so we don't feel alone costs us more than we think.

**Be true to
you always.**

People come and go in your life but you are ALWAYS with you so do what feels right for you.



SIGNS OF AN UNHEALTHY OR TOXIC RELATIONSHIP:

- Blame
- Humiliation
- Intimidation
- Name calling and insults
- Jealousy
- Control
- Manipulation
- Not being able to be you
- Feeling pressured to do things you don't want to
- Being ignored
- Threats

- Blackmail
- Bribery
- Any form of physical, emotional, sexual or psychological abuse
- Waiting for something to happen
- Wanting a need to be filled by the other person (e.g. for them to love you instead of you loving you first!)

Remember you are AMAZING



HEALTHY RELATIONSHIPS

Having a healthy relationship with you first builds a truly incredible foundation for ALL other relationships in your life.

Just as unhealthy or toxic relationships can put us in debt in many ways (emotionally, mentally, physically,

and financially), healthy relationships can catapult us to having a pretty awesome and enriching life in many beautiful ways.

Be true to you, take care of your body and listen to your inner heart it will guide you and keep you on track.

Being hurt and moving on from a break-up

It can seem very painful and at times feel like the end of the world when someone we like or love has broken up with us and can end up going through a roller coaster of emotions. So, what to do when this happens?

STOP! This is a time to be super gentle with yourself and love yourself even more.

Rest if you need to rest, cry if you need to cry, write your thoughts and feelings down if this helps, be with friends and people in your life that truly support you. This time and these feelings will pass.

Give yourself space to reflect on how you feel and how the relationship was.

SIGNS OF A HEALTHY RELATIONSHIP:

- Respect.
- Trust.
- Feeling safe.
- Being able to just be who you are don't feel you need to try to fit in or to be liked.
- Care.
- Listening to each other.
- Communication – being able to say how you feel.
- Having different interest.
- Having the freedom and space to do your own thing.
- Having fun together.
- Appreciating yourself and others.
- Knowing your opinions are valued and respected even if the other person doesn't agree.
- Making decisions together.
- Being able to talk about things if you have had an argument.
- Being able to go at your own pace in the relationship – including sexually.
- Accepting the decision if one of you wants to end the relationship.

What were the parts you liked about it, what were the parts you didn't like about it, what would you have done differently?

Doing this and not going into hurts and blame etc (that includes blaming you and having loads of thoughts about what you could or have done wrong) makes it easier to heal.

If you feel you need professional help, go for it, find a counsellor or someone you can speak to.

Talking about it can help you to release emotions and feelings from your body getting them out instead of keeping them in. Having this time for you is really important to learn, grow and evolve from this experience supporting you to not experience or have this feeling again.

Testimonial *on friendship*

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'When I was in my teens there were many things that didn't feel right in friendships and really, if I'm honest, **I had no idea how to truly have a relationship even with myself!**

I felt constantly pulled by other people in my life and the outside world trying to fit in with what was around me instead of being true to what I felt within.

Even though on some level I was aware of this I ignored it thinking it's not that important and I'll sort it out at some point in my life when I'm older and get back on track, only that some point got later and later and later and friendships and my relationship with myself became more toxic which took way longer to heal and get myself back on track because I didn't stop what I felt wasn't true straight away.

I would say if something doesn't feel right within yourself or in a friendship or relationship STOP! Don't ignore it or go along with it get support to make the changes needed straight away you will be so glad you did.

Testimonial

on relationship

'I found out the hard way that unhealthy or not true relationships leave us with debt in so many ways – emotionally, mentally, socially and even financially.

One choice that isn't so great has a ripple effect in our life that can take a long time to get back on track.

I had been in an abusive relationship and eventually managed to free myself and get out of it.

Fast forward a year and I re-connected with a friend who lived in another place about 3 hours away from me. Previously when we lived together as friends a few years ago I really liked him, he was very sweet. When we re-connected, he said he liked me too and we ended up getting together – only living in completely different locations! So basically, it was an online relationship.

The need for love and to be loved for me was huge.

My self-love, self-worth and self-esteem was very low and if someone said they loved me .. well that would make me feel better right?

Any message that came my way through him by text, any crumb of love or what resembled love meant that I held out for this relationship for over 2 years. In that time we only saw each other about twice and would text the rest of the time.

Trying to hold onto something and waiting for something more to

happen, made me not be able to completely focus on my life and move forward in ways that were practical.

Day to day sure it looked like I was doing things and getting on with my life but really, I was just waiting for us to be together. The holding on for something to happen, for them to say they wanted to be with me on a physical level meant I was not moving forward. I wasn't calling any shots but waiting for it to come from them, because then that meant that they did love me right?

In the end this relationship affected my emotional and mental wellbeing on quite a big level and it took me a while to see the damage of holding out for something that wasn't true had done.

He wasn't abusive but it.. well it just wasn't a relationship...

I had a huge emptiness in me that I was waiting and wanting someone else to fill. And I waited a long time. It cost me financially as well in wanting to be together and nothing happening I took out a loan to get things I could have! It took me years to pay this off and nothing came of the relationship.

Values and Standards

Are we responsible with our feelings and actions?

When it comes to relationships it seems that we have set our standards really low. Why?

Could it be that we are so scared of getting hurt that we have developed defense mechanisms to protect us? The defense mechanisms could be:

- I don't want a relationship, just friends with benefits
- I only want to link up with people
- I just want to have sex
- I don't want any commitment
- I don't want people to get to know the real me
- I don't want to get hurt
- Dating is too serious and takes a lot of effort

So, if we feel any of the above, we are being honest yes, but what does this create in society? It creates disposable relationships based on our needs. Disposable relationships that separate true intimacy and sex so relationships become like a 'consumer good'...a way we can get relief or feel 'better' about ourselves without caring about the other person.

So what happens if this is all we see out there but it's not what we would like?

This is where values and standards come in, to learn not to drop or lower your values and standards of what you feel is important in a relationship just to be with someone.

Knowing what your values and standards are supports you in not only loving yourself to the max ✨ but in having strong and healthy relationships with everyone else #rolemodel ✨

What is a value or standard?

A value is something you regard as important.

A standard is something you won't drop and is in line with a value that is held as important.

Examples:

'I value respect in all of my relationships so if someone is disrespectful, I won't tolerate this and will call it out letting them know'

'I value and respect my body so won't link up with someone for sex as I want more than this in a relationship.'

What exactly does it mean to 'have a standard'?

A standard is a baseline, a value about something that you just don't go below. You can have a standard about how tidy you keep your room, how respectfully you treat other people and say how you want to be treated by others, how much TV you watch or how much time you spend on social media, etc.

A standard is something you are already living, it's something you do and not something you would like to do or wish to do, but what's already happening. Standards are something we can also change from having a low standard to a higher one.

Your standards are about you and the quality you live in. They are nothing you have to impose onto others or convince others to have the same. You just live it and express it. It is your movement and it is your space you move in. A standard is actually a beautiful space you feel held in and it supports you to stay connected to yourself.

If you live and express your standards (the values that make you feel connected to yourself) you feel more confident within yourself and who you are without needing to be anything for anyone else.

When we don't honour our standards and compromise it's like a disturbance within the body, like you have given something very precious away. This may make you feel empty and then you try to fill yourself with other things that don't feel great to avoid feeling the feeling of emptiness! Abandoning our standards make us crave recognition on the outside, because we have left the connection with ourselves and instead look outside of ourselves for confirmation of who we are. You may even start to criticize others or put your own standards down as not important to make yourself feel better or fit in, like saying something doesn't matter to you when it really does!



How often do we compromise our standards and not honour what we feel for ourselves just to fit in or be liked more by others?

For example, you really like keeping your room tidy, but all your friends' rooms are a mess and so when they come over you let your room get messy, because you don't want to stand out. Or you really like to eat certain foods that make you feel light and clear, but all your friends like eating junk food, so when they come over you provide them with the

food they supposedly like instead of sticking to your standards, because you just want to fit in. So, not only do you compromise your own standard, you also rob them of getting a different reflection and an opportunity to see or taste something different, no matter if they may like it or not.

Why is it important to have, hold and grow standards?

We live in a society that currently has very low standards, which means that we have the door open to behaviours that are not truly supporting us. Starting with not taking care of ourselves to finding it normal to post nude selfies or sexting with virtual strangers are all behaviours based on standards that don't honour our bodies and support us to express, decency, respect and overall love to ourselves and to others.

So we can't blame technology and the influence social media has for this as we are the ones that are setting the standards. Okay so we might not have had a lot of role models genuinely reflecting to us and living standards of care, love, decency and respect but that doesn't mean that we can't change this ourselves!

So, what happens when we live a standard that hold these values high in a world where everybody else is constantly asked to drop their standards?

We feel the pressure of the outside world on our inner world and the tension of having different standards can feel so disharmonious that you just want it to go away (duh!). Thoughts come in of 'I am not liked as much if I am 'different'' or 'I have to be like the others and not stand out' and so we lower/drop the standard to avoid the disturbance. The tension makes us follow what others are doing instead of what feels true to us and we start to believe that the lower standard is what is 'normal'.



We leave our own standards to be 'normal', to fit in, to be liked and to be like everybody else ending up with a measured version of ourselves, seeking recognition and acceptance on the outside because we have thrown our inner compass overboard!

If we all constantly throw our standards overboard, we end up with the world as we have today and who is giving us the reflection that our true contentment comes from the inside (within) and not from the outside (that is given to us)?

Raise your standards

Are you willing to be the trendsetter of high standards? Having values that cherish yourself and others or do you prefer popularity by swimming in the same muddy pond others are in feeling empty on the inside?

If we hold our standards very dear to ourselves and who we are on the inside, no matter what is happening on the outside other people can see, hear, experience, read, feel, smell, taste, and touch what you have as a standard, so they have the opportunity to feel a new platform for themselves.

This is how we change things in the world by setting our own standards and holding them very high and dear to ourselves.

Your grandness is reflected by your standards and values and not by the likes of a selfie taken by the lower standards of an outside world that is designed to trash you.

**You have the power
to change what you see ..
Raise your standards.
Be that love ✨**

JUST SAY NO!

Why do we find it so hard to say no? 🤔 Saying yes to someone or something... when in truth we want to say no. Not being able to say no can lead us into situations we don't want to be in, relationships

that are toxic, sexual or physical encounters that we regret and being in places that aren't supportive for us...nudging us further away from what does feel or is true for us.

So, what stops us from saying No? There can be a stack of reasons why we find it hard to say no. It could be because:

- 👉 We feel we will let someone down if we say no
- 👉 That we'll upset someone
- 👉 We will be seen as stubborn
- 👉 FOMO .. the feeling that we will miss out
- 👉 That it will make us unpopular
- 👉 We will be seen as selfish
- 👉 That we feel or will feel guilty if we say no
- 👉 Be seen as being 'difficult'
- 👉 Not a good friend, girlfriend or boyfriend
- 👉 Or seen as boring

Saying NO 🖐️🔴 Exercise

Give yourself some time and space to think of and write down recent situations in your life where you wanted to say no but felt you couldn't?

Why did you feel you couldn't say 'No'?

Are there any current situations in your life where you want to say no and feel you can't?

What will be different/change if you say 'No'?

What are the benefits in saying No?

- 😊 You will have more self-respect
- 😊 Gaining respect from others
- 😊 Have truer relationships
- 😊 Gain more self-worth and self-love
- 😊 Build and strengthen your true inner confidence
- 😊 Have more space and time for people and things that feel true for you
- 😊 You are kicking self-doubt and lack of self-worth out 🌟😊

How do we start to say No?

Be clear and strong when you say No! The clearer you are in saying no the more claimed you will be and in saying this (the other person or people will see and feel that you mean it). It's like training a muscle that has never or

rarely been used. It might seem 'weak' at first but when we keep using the muscle it gets stronger and easier to do .. just like saying no. It might feel weird, make you feel uncomfortable at first and people might react.

© Iris Pohl

If at first you find it hard to say no directly use ways to say no indirectly. For example, 'I can't I've got something else on tonight' or 'that makes me feel really uncomfortable I'm not doing that'.

The more you give yourself permission to say no the easier it becomes building your true inner confidence, self-love and worth for yourself.

Remember when you are saying 'No' to something you don't want to do you are saying 'Yes' to yourself and your own self-worth and importance instead 🙌👏💡

If you need support with this utilize the people in your life you trust and who will truly support you to talk about this more. The True2You team are always here to support as well.

SINGLE BY CHOICE

Can we be single by choice? If you are single, do you feel like you have to explain or justify why you are not with someone? Or, feel pressured that you have to be with someone, especially if your friends are, and if you are not then there is something really wrong with you!

The stigma of being single – as much as society talks about being ‘free’ and ‘liberated’ in reality many people and specifically young men and women don’t feel comfortable with being single. Being single might be ok at a certain age, but when you reach the age of 16, 17 or 18 and even earlier, it may become a subject that’s imposed onto you by others if you haven’t dated anyone yet, are not currently in a relationship or don’t feel like dating.

Because of this you may find yourself investing in the wrong relationship/s. Relationships that are toxic .. just to say you are in a relationship and to feel 'normal'. This can then lead to a very slippery road of a stream of unhealthy or toxic relationships. Just because we feel like we have to 'fit' in or that something is wrong with us when we are not in a relationship.

**First up, what if this is actually all wrong!
And instead, we see that being in a relationship for the sake of being or saying we are in a relationship is unhealthy or toxic?**

Is it possible to be single by choice??

What if instead of being governed by what we see and are told about being single .. we make it a choice?

Our choice.

Now that is empowering! Choosing to be single is actually a choice to be in relationship firstly with yourself. This is then an opportunity to develop a deeper connection with you by just giving yourself the space to learn and get to know more about you.

In doing this, it brings a commitment of love first to yourself that is then brought out to the world in all of your interactions with others. You set the standard of the new normal ✨ and then, when you do decide to be in a relationship, this is a choice that comes from you, from a platform of self-worth, self-love and loving you. No toxic relationships, feeling you are not normal or that there is something 'wrong' with you. Pretty cool.

DATING

tips

Finding someone who really loves you back and cares and respects you.

If your feelings are not returned you start to question yourself and you may start believing that there is something wrong with you, that you are not good enough. **In a healthy relationship, the feelings are mutual and you respect each other and have fun together. If this is not the case there is NOTHING WRONG with YOU** just keep looking, sticking to your values!



Dating can take you to highs and lows. You may be excited and have the strongest feelings of your life, which is great when things are going well, but if not don't let yourself be devastated by your date.

Don't accept less!

Have your values clear and never accept less. Even though it might seem nobody's out there who matches your values and worth don't give up and stick to what you know is true!!!

Be loving and know when to move on.

If you feel its not working with the other person then let them know that you don't want to continue. You don't have to tell them what you don't like about them, this doesn't matter, just be respectful of their feelings.

Posting on Social Media instead of finding it on there

Talk with your date about posting on social media. What you both want to share and not share about you rather than finding it on there.

Don't let anybody pressure you

Pressure is not love, and to pressure someone is not normal and definitely not loving and caring. You know yourself best and what you want and how far you want to go in any relationship.

For girls:

If you go out with an older boy really know what YOU want as they might expect more than what you want to give! Don't have sex or do anything sexual with them before you are ready. #dontletanyonepressureyou

Let Love unfold

How do you know if you are really in love? There are so many images and ideas about love that don't match reality so be open to get to know each other. Love is having fun and enjoying spending time together if you need constant reassurance and feel you have to control the other, these are signs that its unhealthy #notlove

Be you

You might find yourself having thoughts of 'what do I say?', 'oh no I shouldn't have said that!', 'do they think I'm boring?', 'do they like me?' Trying to be someone else is exhausting and of course they don't get to know the real you. Just be you, you are enough. True love is sharing your true you with another person. You like each other for who you truly are. ✨

It takes time

We live in a world where we are used to getting everything instantly. If we want food or clothes, we order it ..job done. If we want to watch a movie, we go to Netflix...

There is no waiting. We are used to NOT waiting.

We also live in a world with filters – **if it doesn't look good put a filter on it, so we can say life is AMAZING** even though it's not what we are feeling.

We project out to the world something different to what we are feeling within and this is happening a lot...everywhere.

So how does this affect our relationships? It can get us into behaviour of wanting it (relationships) quickly.

BUT relationships that are deep and meaningful in truth, are a process. It can be a slow process when on first dates feelings might come up of awkwardness, not feeling good enough, feeling uncomfortable or saying the 'wrong' thing.

It's not instantaneous, it takes time and going with the flow the process can be a fulfilling journey, where you get to learn and love yourself and the other more.

How do I speak to someone I fancy and ask them out? 😊

Remember many people feel nervous or fear rejection when asking someone out, it's not just something only you feel.

If it's someone you know- what is the feeling you get when you are with them? Do you have a laugh and find it easy to speak to them? Do you get a sense that they like you too? If you find it easy to, ask them if they want to hang out or go somewhere you think you will both like – skating, movie, park. If they say yes. YAY enjoy! If they say no that's okay too, at least you have asked and now know not to pursue the relationship or have thoughts about them in that way. **Time to bring back the love to you, have fun and wait until you have feelings for someone else, or someone has feelings for you and asks you out.**

If it's someone you dont know- try to get to know them a little bit more first and that they get to know you, then you will feel more relaxed and at ease in speaking and being with them and also get a sense of how they feel about you.

The first kiss! 💋

So, the dates going well what about the first kiss? 😊

Like asking someone out you may get a sense of this, a sense of them and you and when it feels right. What is their body language saying? What is your body language saying? Like anything physical or sexual there should never be any pressure and always consent. It should always be something BOTH of you want. Not just one person. Again, this is something to enjoy, take it slowly, be gentle and have light pressure, keep your mouth relaxed. **A single, soft kiss is simple and sweet and easy to build on from there on, feeling your partner and responding to each other.**

1. You have to be with each other most of the time

Not True! Busted. This completely depends on the relationship. For example, at the beginning of a relationship, some couples might want to spend a lot of time with each other while others want to spend an equal amount of their time with either their friends, family or being on their own. **A good relationship does not mean spending time with each other 24/7** (including messaging all the time). **Sometimes spending time apart can strengthen a relationship with you both** looking forward to speak or see each other. Remember communication is always key for a healthy relationship.

2. Once you are in a relationship you don't need anyone else!

It can be tempting to spend all of your time with your new partner which may leave you feeling why do you need anyone else? **Remember relationships are not just with the person we are dating but with everyone in our life.** If we dump everyone else, just to be with a partner, what happens to the quality of all the other relationships we have? **Having different people and connections in our life is enriching.** Just because you are in a relationship now doesn't mean you can and should forget about everyone else in your life ...make time/space for them equally.

3. It's not good to have an argument

Having arguments is not a bad thing. **We all have different opinions and feelings and it's important that you can both communicate these with each other.** When doing this, you may find out that arguments take place. It is how we are with each other during and after the argument that counts, and that we are able to talk things through afterwards and understand

each other's feelings. Remember, relationships are about deepening and connecting with your partner and because of that an argument is sometimes unavoidable.

It is when arguments become daily and constant where it could be a sign of the relationship becoming unhealthy or toxic. So, if you find this is happening a lot, speak with a professional or friend for advice.

Myth Busting about Dating

© Iris Pohl



4. Sex is the most important thing in a relationship

Again, Not True – Busted! While sex and being physical (kissing etc) can be a fun, pleasurable and something to really enjoy in a relationship it should never be the most important thing. **There is so much more to a relationship than being physical with your partner, like feeling safe, comfortable, being able to have a laugh, trust, respect, being accepted for who you are and of course communication and being able to express how you feel.** If none of these things are in your relationship use this an opportunity to reflect on it and ask yourself why you are in it.

5. I need to have sex regularly with my partner

This is not true. If you find yourself feeling that you have to have sex regularly to please or even worse to keep your partner then stop, and ask yourself where this is coming from. If it's a belief or something that you thought was true...it definitely is not. **Sex or anything sexual should ALWAYS be something that BOTH people want and not where one person feels it is something they have to do to keep their partner happy.** If you feel pressured by your partner (or society) or that they want to be more sexually active than you, then talk about it. Tell them how you feel and if the partner is not okay with it then it may be time to walk away.

6. To show someone you love them you have to buy them gifts

Not True! If a relationship is based on gifts or gestures it could lead it to being shallow and not deep and meaningful. Just by being you, being caring, respectful and able to have a laugh with them should be more than enough for them. That's way sexier and more fun than feeling like you have to buy your partner something to show how you feel about them.

Romantic Relationships

So, we have all seen the movies and romantic comedies telling us exactly what a romantic relationship is .. but is it really this? Where two people meet, have an argument, then don't talk to each other

for ages and then just before the movie ends, they realise and share their undying love for each other (cue running towards each other in slow motion) 🤔 er so love is not this? No!

There are also ideals of finding the one or soul mate which puts a lot of pressure on either holding out or looking for that one person.

This can then be filled with projections (pictures) of what we want or think it should be like and expectations of finding that person, desperate to fulfil the pictures we have of what it should be like and what we 'want'.

Gosh it sounds so exhausting!

But what if we do this, then miss or not see the potential of a relationship with other people in our lives as we are constantly looking for this one other person.

There is also the image of romantic love that has been sold to us, that the partner is the most important person in your life, but is this true?

A romantic relationship will of course be different from your other relationships. You may feel or find you have a different kind of bond or connection with that person and of course fancy them as well as wanting to be physically closer to them in a different way to other people in your life.

But the foundation for romantic relationships should be exactly the same as all our other relationships which is one of respect, trust, care, where you can be you, are able to communicate easily and say how you feel.

In taking the pressure off of what love should look or be like it makes the relationship easier to enjoy 🤗

Is your relationship truly supporting you?

How many people are in a relationship that isn't truly supportive? Why do we choose this and settle for less?

- **Because we don't want to be single?**
- **Because we think the relationship will get 'better'?**
- **Because we feel we don't deserve something or someone truly amazing?**
- **Because we feel something or someone truly amazing isn't 'out' there!?**
- **Something else?!**

Settling for less in a relationship is definitely something you should never have to do! When we settle for less it doesn't give us room to grow, freely express and be who we truly are but instead holds us to be small, contracted and not be free to express or grow.

Getting to know you more and evaluating your relationship you can do the exercise on the next page.

Honesty is the key here; you may find you really want to give yourself space with this and write about one thing every day so not doing it all in one go. Don't force yourself to write or think of things just let them come to you and note them down.

After completing this, if you took 1 of the things that made you feel tense or your relationship tense away would anything change?

Exercise

Give yourself some space and time to write down:

- 1 5 things you love about yourself
- 2 5 things you love about your relationship
- 3 5 things that make you feel tense
- 4 5 things that makes your partner feel tense
- 5 5 things that make your relationship feel tense

There is no right or wrong here. Doing this exercise supports you to listen to yourself, but not only that when we start to truly listen to ourselves and our heart things start to shift as

it can no longer be ignored, these shifts within are gold supporting us in soooo many ways and also gives space for our relationships to change and shift as well.

Love making

24/7

Love is something that is naturally within all of us and an important part of our being. So then, what does it mean to make love 24/7? Maybe love making is pretty much exactly what the words describe, it's how we are with each other every day. So what does this include?

Cuddling with someone.

It can be a super loving way of being with each other.

Talking about whats really important to you.

This can be with not only a partner but also a friend, or others! Sharing your values, beliefs and what you're feeling is letting someone get to know you more. Getting to know who you truly are and expressing this with another can support building your relationship with yourself and them.

Helping each other with something.

Maybe it's a chore one of you needs to do but it could also be visiting the family or simply deciding on something. It gives you time together in a different way than you normally would be and an opportunity to be more open, so not just the cherry picked moments that may seem to be the best.

Sleeping together...literally.

No sex, just cuddling up or lying next to each other (if one of you isn't big into cuddling) and falling asleep with each other can also be super intimate, trusting and romantic.

Enjoy the kissing!

Don't underestimate just kissing! You can keep the clothes on and just enjoy kissing one another without expecting anything else. It can be pretty awesome!

Giving each other a massage.

It can be a way of appreciating the other, you can leave your clothes on and it doesn't have to be sexual. Being able to massage someone without any sexual desire also is a way of showing how much you respect and care for them and that you are not just in the relationship for one thing only.

Holding hands.

Simple and beautiful.

Preparing a meal together.

It's a great way to learn about each other's likes and dislikes and also how you feel about being in each other's company.

Writing a letter to each other.

Go old school and send a letter or card. It doesn't have to be stating your undying love but can just be saying "hi", no big words needed to make it meaningful.

Planning days out together.

Where would you both like to go or what would you both like to do, e.g. skating, going to the beach or the cinema, etc.? Another great opportunity to get to know each other more and the things you like to do.

Learning a skill together.

Learning a new skill isn't only fun, it can also build self-esteem and confidence. Doing this with someone can be even more fun as you are learning something together.

Snuggling up and watching a movie.

Not 'Netflix and Chill', literally and simply just snuggling up and watching the movie.



BOTTOM LINE

Love making can be part of your everyday life and not only the physical get-together of having sex.

You don't only make love with a partner or someone you like, it can be with any person you love.

Can you think of any other ways you can show the love you are and have for someone?

Self-Love

Check List

A way of taking care of yourself in a self-loving way can be done by looking and observing all your relationships:

- 1 Relationship with yourself
- 2 Relationship with others
- 3 Relationship with your surrounding



Ways you

1. RELATIONSHIP WITH YOURSELF

Honouring you and take true care of yourself is something we normally don't learn.

However, self-care is super important to be able to identify your needs and stay connected and in charge of what's going on in your life.



How is your sleep?

What if, how we are when awake has an impact with our sleep? Having a good sleep is super important for your wellbeing and how you feel about yourself.



can self-care



How do you prepare for the day?

Do you prepare and plan for your day and what is needed or do you rush around at the last minute forgetting things and getting stressed?

How you are with yourself affects what you eat and what you eat affects how you think and feel.

Appreciate yourself!! How you are with yourself creates a feedback loop and affects how you feel about yourself.

Just applying one self-caring tool a day every day can make a HUGE difference to bringing more love to yourself.

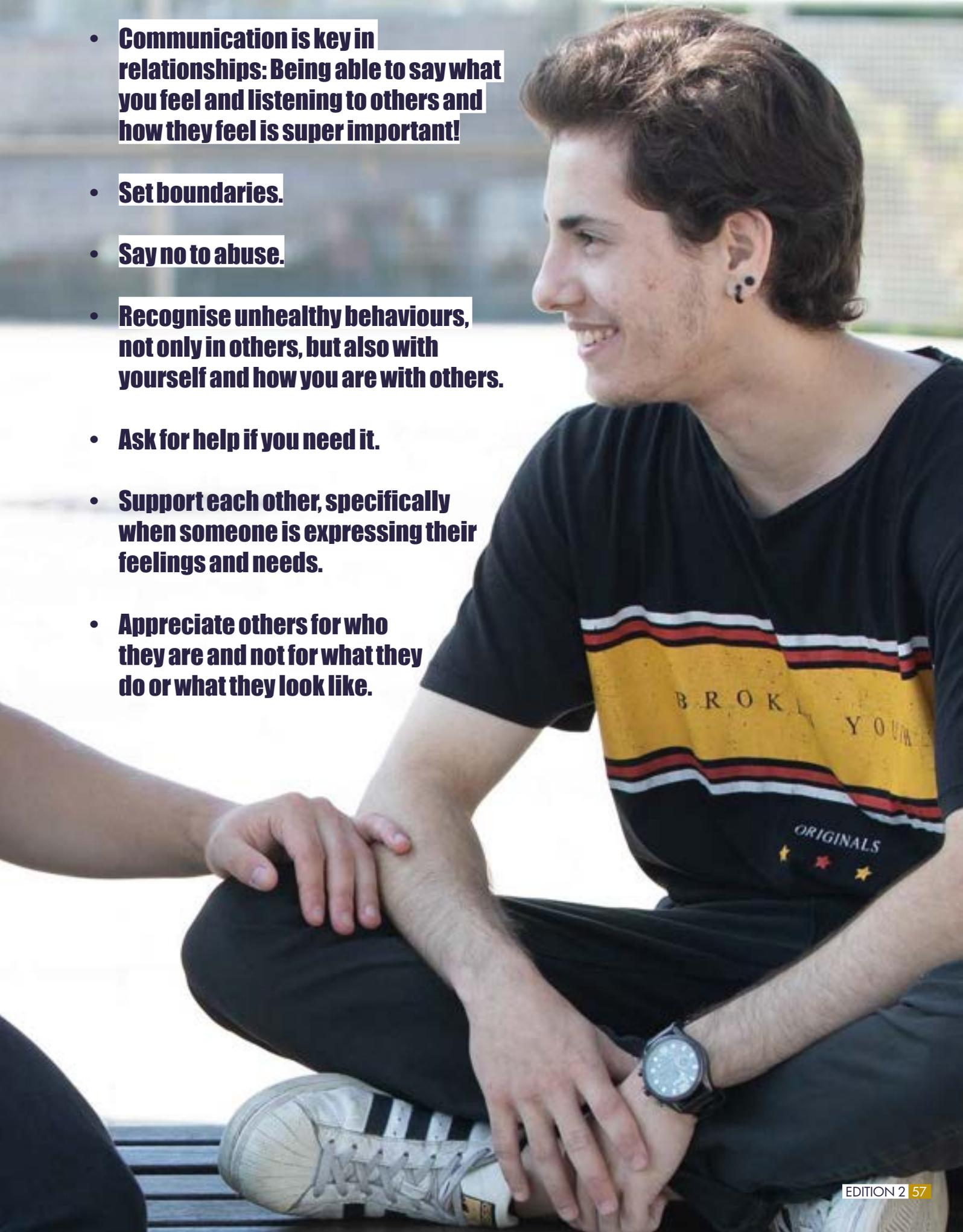
It can be doing your hair or taking time to sit down and have your breakfast or preparing your school or work bag the night before. Just very simple things.

2. RELATIONSHIP WITH OTHERS

In life we can't avoid interacting with other people offline and online! Our behaviours and choices have an impact and can influence others, just as other people can impact and have an influence on us.

Ways to support your relationship with others:

- **Communication is key in relationships: Being able to say what you feel and listening to others and how they feel is super important!**
- **Set boundaries.**
- **Say no to abuse.**
- **Recognise unhealthy behaviours, not only in others, but also with yourself and how you are with others.**
- **Ask for help if you need it.**
- **Support each other, specifically when someone is expressing their feelings and needs.**
- **Appreciate others for who they are and not for what they do or what they look like.**



3. RELATIONSHIP WITH YOUR SURROUNDING

Although we may not be aware of it, our surroundings have a big effect with how we feel in our everyday life.

While sometimes we may not be able to change our environment, for example family, school, college, etc. we can make small changes, to create a more supportive space for ourselves to stay connected.

Check your relationship with technology.

Are you in charge or are your electronic devices controlling you? Ways to get back in control: turn off message and notification alerts; practice not responding immediately to every message or notification; turn your phone off at least 1 hour before you go to bed.

Observe what affects you.

A situation, a conversation, a movie, the music you are listening to, etc. Has the movie you just watched or the music you are listening to changed your mood? Everything affects us!

Declutter your room, closet or desk.

This creates more space for the awesome you!!

Organize and prepare for you.

For example, make quiet time to complete tasks or projects you have in your life.

Check with the people you live

with what is needed to support the home. Its empowering to take responsibility and be part of the home you live in.

Prepare your breakfast/lunch.

Feeling into what most supports you during your day.





© Shannon Everet

Remember every choice you make affects how you feel, so YOU have the power to change what you choose!

Take responsibility for the choices and decisions you make! ♥ Knowing that you don't have to wait for love to come to you but can give this to yourself every day and in every moment.

What is Self-Love

Testimonial

I think we were all born with a knowing of what love is. Knowing that it's something we need. If we don't know this how does a child grow up knowing or feeling there is no love or not enough love in their family, even when parents/guardians are doing the best they can.

It's a sense we have. We just know.

Growing up I felt unloved and unseen feeling I was not loveable and there must be something wrong with me.

When people spoke to me about self-love it seemed like a pointless concept, definitely not grand or romantic. In fact, it sounded boring. **Wasn't the point of love to fall madly in love with someone who would love you back? a partner who would make life fulfilling and make you feel complete?**

As I grew older, I felt I was missing something, it felt empty to me. I couldn't find what I was looking for in the world around me, so I escaped into a fantasy world looking for 'true love' thinking that I would find it in/with another person.

I thought if I could find someone that loved me that would prove I was loveable. But this didn't quite work!

Even when I found someone who loved me for who I was, I realized, I was not able to let this love in! Thinking that anyone who loved me must have something wrong with them too.

But actually, I have come to realise now that unless I learn to love myself, I won't truly let love in from others. And also, if I love myself, I won't feel needy with others for love, because I will already feel complete and loved.

This was quite a discovery realizing that loving myself felt just as special as finding the 'perfect love' I had wanted from someone else, and in fact it is the love from and for me that I have been missing all this time.

Learning to love myself was not something someone could tell me how to do, or something I can explain in detail. It was an inner exploration, allowing myself to take tiny steps into new territory.

Checking in with what I felt and what I needed to support me. For example if I was tired I went to bed early, if a person didn't feel right I wouldn't hang out with them, if it was cold outside I would wrap up snugly so I was warm when going out... just really simple things, kind of a checking in with myself which I kept doing consistently and it made a MASSIVE difference.

I have begun to see the impact of that love on everything in my life. It feels richer and more meaningful and now I realize what I have known all along that love is inside me,

eternally there, just waiting to be connected to. We are made of love. The more I live this way, the more magical life feels to me.

YUBO-MY LOL



© Iris Pohl

Being tech-savvy is not the only thing you need to know when it comes to online dating and talking to people online. Things to know and be aware of:

Catfishing. Are people who they say they are?

When someone sets up a fake online profile to trick other people who are looking for connection/love. Things to watch out for – they don't have many friends. Their story never adds up. They waste loads of your time online. **When something doesn't feel right listen to yourself and speak with someone you trust.**

Online grooming.

Grooming is when someone builds a relationship and a 'trusting' emotional connection so they can manipulate, exploit and abuse you.

Consequences of nudes #sexting

It may have seemed like a good idea in the moment but once you have pressed that send button it's out of your hands. And even though you thought you trusted that person, can you?

Once images have been sent it can lead to bullying, emotional abuse, blackmail, revenge porn, harassment, embarrassment, anxiety, low self-esteem and even depression. Gosh, is it really worth it? No.

Privacy

Be smart, don't share anything and everything about yourself online, particularly personal information for example where you live. Also check out the privacy settings of the apps you download so you know what people can see and know about you. If you aren't aware of it, it should be easy to find out, as the app should give you this information directly.



© Iris Pohl

Like the song TINDER LOVE!!! Anything that is online might be fake, exaggerated or half true. Don't be disappointed when you discover that your Tinder dream is not real or is not like you had imagined in your fantasies!

Online relationships

Although it may seem like you are dating a person online, it is not the same as an in person relationship. Instead, it can lead to a mess of emotions you don't know what to do with. If you are speaking or even dating someone online, then talk to a trusted person in your "real" life about it, so they can be a reality check for you #dontgetobsessed

SOME REASONS WHY PEOPLE USE DATING APPS:

- 1 Because of the thrill of excitement and just care about the thrill for themselves and not the other person/people.
- 2 Because its cool and everybody is using it.
- 3 Because they are looking for a relationship and for finding someone to love and care for.
- 4 To feel good about themselves, to feel attractive, getting compliments and boost their self-esteem.
- 5 To have casual sex.
- 6 To get to know people and are not necessarily interested in sex.
- 7 To abuse others.
- 8 Because they are curious.
- 9 To have the possibility to get in touch with people that they would never meet in real life.

Sexual Affective Responsibility



© Matt Paul

Sexual affective responsibility is making informed decisions and choices with your partner (even if you are just linking with someone you can still have sexual affective responsibility).

This involves respecting and caring for your partner and having open communication about all forms of sexual activity including protecting against STIs and contraception.

Anything and everything we do not only affects ourselves but also another.

Okay, so imagine the world as a huge big swimming pool where every move we make, everything we do either towards ourselves or another has a ripple effect outwards.

This ripple not only comes back to us (we feel our actions) but can also be felt by all others!

This is what is truly happening .. only without the water (swimming pool). Gosh that's some responsibility then! It's about how we are, not only with ourselves, but with everyone.

Being responsible means to communicate our needs and boundaries, respecting both ourselves and others at all times. It's also about being and staying open to needs and boundaries from others and not imposing on them what we want.

TESTIMONIALS

"I would prefer to have a boyfriend and be in a relationship, but most boys just want a friend with benefits, so I accept that as it's the only thing that is out there."

"I'm really worried he will just use me... but I really like him. I guess I am just hoping he respects me."

"We just linked up, nothing more and I'm cool with that"

What's really going on? The effects of porn ...

Beat & Delete

Could it be that porn and the abuse in porn affects how people are, and treat others, thinking this is okay? Beat & Delete was an expression that refers to downloading porn and then masturbating (beating it) and then deleting the porn after you're done. This is also now known as when a boy gets in touch with a girl to have sex with her (beat) or vice versa and then after having sex, he/she stops talking to them (delete) acting like they don't know them. #Ghosting

Hit it & Quit it

Another expression for the same action, to have sex with someone and then dump the person.

These practices refer to what has been called 'making hate' in porn and is the intention to use, abuse and hurt another. If we have this being accepted and going on, how do we raise the standards for and in our relationships?

What if abuse has been normalised in relationships? That it's okay to treat someone with disregard? Where do we go from here?

Can you remember a time when you have NOT been treated with love, respect and care and how this has caused you to be in emotions like anger, frustration, sadness and/or a feeling of injustice?

How have you dealt with this? Did you blame the other or did you blame yourself or do we hurt another person because we have been hurt?





Instead of blaming and reacting we can communicate by responding!!

- 1 Express what you are feeling
- 2 Let the other know what is going on, what you are feeling inside, as nobody can read your thoughts, you have to express them
- 3 Don't assume that the others know or don't expect them to guess
- 4 If you don't understand what the other wants, ask them
- 5 Express your needs and what you want. Romantic love has given us this image of magically being loved in exactly the way you want or need to be loved.

**Nobody is responsible to fill
or match your expectations!**

**Make decency, respect
and love the foundation
of all your interactions!**

POLY-LOVE

Loving more than one person

Poly-love (polyamory) is having sexual or romantic partners with more than one person where everyone involved consents (everyone knows about it and agrees).

So, can we really love more than one person?

For sure, we can love everyone equally if we know that love is, who we are and that it is our natural expression.

But does this mean that we have to have a sexual relationship with everybody?

For some people having a polyamory relationship might be what they want and something that they like and feel comfortable with. Other people might feel the complete opposite to this. **For instance, if someone finds it hard to be in a relationship with just one person being in a relationship with two people could get and feel very complicated!**

If a person easily gets or feels jealous, then this could be a complete nightmare for them.

The answer to this difficult question changes depending on who you ask and what their beliefs/feelings are and there can be so many questions around this, like:

- Do we need sexual relationships with more than one person to be fulfilled?
- Because romantic love doesn't work, do we blame monogamy (being in a sexual relationship with one person)?
- Do people like poly-love because it feels more freeing for them? And free from what? Would there be more to look into here?

What if loving more than one person has nothing to do with sex but instead about living in a community that loves and cares for each other equally, appreciating everyone with all their imperfections, and ultimately that is what is being craved?

GHOSTING



Ghosting is when someone ends a relationship by cutting off all contact with the other person without giving any kind of explanation.

It's a behavior that may leave the person who receives it desperate and completely doubting themselves.

The most common situation is when a person meets someone, most commonly through social networks, talks for a while and after some kind of sexual encounter the other person disappears.

So **why** would someone do this?

- 1 **Lack of honesty and transparency.** Where the other person isn't honest in what they want and why they are connecting with you.

If they only want sex, or to feel good about themselves but know you want more they make an effort to be all you want until they have got what they want. Yuk! And then disappear.

Mmmmm wonder how all their other relationships are going in their life with this kind of behaviour.. including the one they have with their self.
- 2 **They weren't interested or didn't feel the same** but don't have the courage to communicate with you.
- 3 **Because it is become more common** and 'acceptable' to do .. for someone **to not care about other people and their feelings.**
- 4 **There are many people who are very hurt and scared of intimacy** and being in a relationship with someone as they fear getting hurt if they commit or have feelings for someone. So prefer to play tough and instead show no feelings.

The less we accept this behaviour the less space there is for it to be acceptable.

If this happens or has happened to you don't blame yourself. Sure, we can always reflect on relationships and encounters to learn from our experience. For example, did you feel something wasn't right but ignored this? Reflection helps us to grow and evolve as a person but remember we are not responsible for others uncaring, disrespectful or cowardly actions.

Take it as a stop point to reflect on your values and the needs you have.

Offer yourself space to cherish and appreciate yourself more and also a space to learn from this for your future relationships.

TRUE 2 YOU SUPPORT

INDIVIDUAL SUPPORT

If you need any help or support with anything **don't hesitate** to contact our team who are here for you at: info@true2you.eu

You can also connect with us through the website at: <https://true2you.eu/ask-an-expert/> and meet with our team of professionals to talk about sex, love, relationships, safety online ... basically anything that's on your mind! We provide a judgement-free zone and a space for you to just to be and talk about what you want to.

GROUP DISCUSSIONS EXPLORING DIFFERENT TOPICS

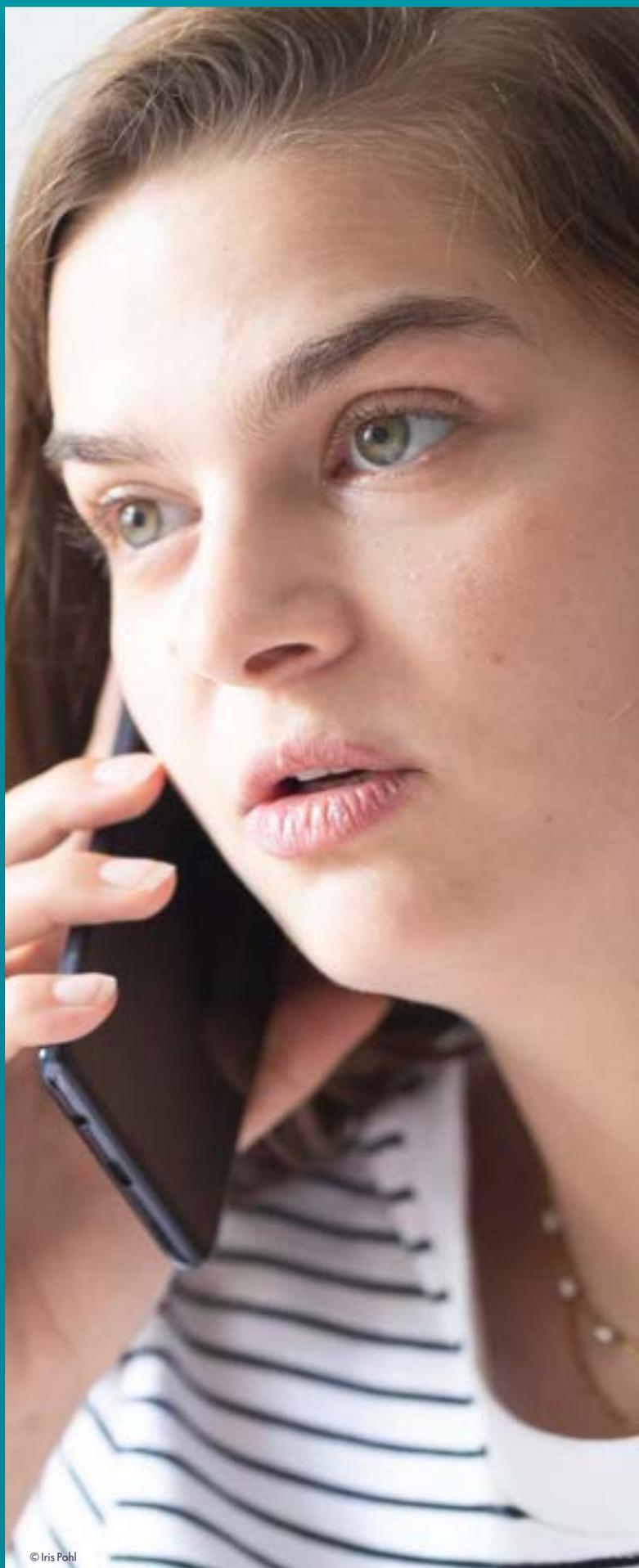
Online groups are also held for girls and young women and boys and young men as well as mixed groups. This space is used to explore and look at different topics from different angles and what people are experiencing, have experienced or have any questions about. Your personal information is treated confidentially and participation is free. In the groups we learn from each other, and sharing's can be absolute gold and valuable when we hear or learn from others, especially in seeing and feeling that we are not alone.

Check out our team and agenda below and sign up to start your conversation with us!

<https://true2you.eu/support-groups>

And if we are unable to help you, we will look into finding a trusted organisation or service near you that is able to.

**Remember - there is nothing
on the outside that can
replace the amazingness you
are already on the inside!
Re-connect and be true2you!**



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References

All content in this magazine was inspired by a multitude of materials. Some of the materials have been used and many have been adapted to fit the specific context and age group and last but not least our amazing team has developed many!

- **Every relationship is about love:** Various articles from Unimed Living have inspired this section: <https://www.unimedliving.com/relationships/dating/being-single/fairy-tales-why-romantic-relationship-is-so-hard-to-find.html>; <https://www.unimedliving.com/relationships/dating/new-relationships/how-we-start-relationships.html>
- **What exactly does it mean to have a standard?:** Inspired by: <https://www.womeninlivingness.com/single-post/Standards-vs-Expectations>
- **Myth busting about dating:** <https://www.healthline.com/health/kissing-tips#how-to-make-a-move>; <https://www.brook.org.uk/your-life/looking-for-a-relationship/>
https://fb.watch/4FE_ZpCu9Z/
- **24/7 Love making:** <https://www.bolde.com/13-intimate-things-to-do-sex/>
- **Self-Love Check list:** Adapted from: Activ Living (2006) Tune in, make the connection; <https://www.loveisrespect.org/content/self-care-checklist/>
- **What is Self-Love. Testimonial:** Adapted from Unimed Living, Anonymous.
- **Sexual Affective Responsibility:** <https://www.iup.edu/health-wellness/campaigns/sexual-responsibility/>



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Well-being is our Foundation

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