

Week 2: How You Learned to Love

Day 5: When Love Does Not Feel Safe

Listen with Tay: Tay will record this day's reading herself.

Scripture: "Perfect love drives out fear." (1 John 4:18)

It helps to name what unhealthy love feels like, so you can stop calling it love. It feels like anxiety. Uncertainty. Inconsistency. Highs and lows. Hot and cold behavior. Fear of abandonment. Guilt. Shame. Walking on eggshells. Being responsible for their emotions. Becoming small to keep the peace.

This is not love. This is trauma reenactment. It is the old pattern playing on repeat, the way a song gets stuck and you do not even notice you are humming it.

Breaking these bonds does not happen with more effort. You cannot love someone into being safe. You heal them with clarity and distance. With boundaries. With self worth. With spiritual grounding. With support and time. You do not have to hate the person to release the pattern. You only have to love yourself enough to choose differently.

Gentle prompt: Is there a pattern you have repeated? Name it gently, without shame.

Prayer: Father, give me clarity about what is not love. Give me courage to stop settling for it. Amen.