

# Love Without Losing Yourself

How Healthy  
Boundaries Help You  
Attract Real Love

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Sample



# Why I Had to Write This Guide

I wrote this guide because I know what it's like to give your whole heart—and still end up feeling alone.

For a long time, I couldn't understand why love felt so out of reach. I kept asking: *"What's wrong with me? Why do the men I care about pull away when all I want is something real?"*

What I finally learned changed everything: **Real love doesn't ask you to prove your worth. It begins with boundaries and self-trust.**

This free sample includes a few pieces I hope will spark something powerful in you. If even one idea here lands, the full guide was made for you.

With love,  
Shauna

# CHAPTER 1

## Don't Disappear in Dating— Do This Instead

Preview

### Boundaries in Dating

Boundaries are the barriers that protect our bodies, emotions, time, energy, money—even our sense of worth. They help us feel **safe and strong** as we navigate dating.

When you imagine setting a boundary, what comes to mind?

Maybe it's telling someone "I don't like that" or "Please stop." Or perhaps you picture yourself closing a door and taking some space.

Most of us think of boundaries as something *between* ourselves and other people. But the biggest shift happens when you start to turn inward.

The real game-changer? The **boundaries you set with yourself**.



## Example: Setting Boundaries with Yourself

**Mia's Dilemma:** Mia has a big day at work tomorrow and she vows to get a good night's sleep. Just as she lets out a yawn, her phone lights up. It's a text from a (cute!) new guy. He wants to come over. Mia's exhausted—but she also doesn't want to blow her chances by turning him down. What will she do?

When Mia promised herself a good night's sleep, she set a boundary with herself. Now that it's being tested, does she keep it—or break it?

If she stays up and the next day goes poorly, she may feel angry at him... but in truth, it's self-betrayal that stings the most.

**Over-giving women make the mistake of betraying themselves again and again.** Self-betrayal breeds resentment—and resentment destroys love.

## The 3 Types of Over-Giving

Over-giving can take many forms:

- Saying “yes” instead of “no” because you feel guilty.
- Fearing that asserting yourself will drive him away.
- Hoping that if you just *do* enough, he’ll finally choose you.

No matter how it shows up, the result is the same:

**you lose connection with yourself trying to hold onto someone else.**

*Healthy boundaries let you stay rooted in you—so you can build love from truth, not fear.*

Whether it’s guilt, fear, or false hope, **over-giving is caused by misguided subconscious beliefs:**

- “It’s selfish to put myself first.”
- “If I speak up, I’ll scare him off.”
- “I have to earn love by giving more.”

These beliefs are what shape some of your *internal boundaries*—the invisible rules that govern your actions and affect your relationships. But here’s what matters most: **You can rewrite them.**

## Break the Cycle—By Keeping Boundaries with Yourself

Mia feels nervous that if she says ‘No,’ her new guy will lose interest. But she really needs a good night’s sleep. And rest is one thing, but how about when the stakes get higher: *‘What if he wants to... Have a few drinks? Stay the night? Have sex?’* Mia realizes she’d better get clear on what matters to her—and act accordingly.

Healthy dating starts with keeping the promises you make to yourself. **Here’s how to begin:**

1. **Know your values and standards.** Start with the big areas: time, sex, money, and commitment.
2. **Define what integrity looks like for you.** How can you match your words and actions with your values? What choice is most rooted in self-respect?
3. **Practice making and keeping commitments to yourself.** Start small: go to bed when you said you would, skip the endless scrolling, keep the plan you made. Celebrate every commitment you keep. 🎉



## BOUNDARIES IN ACTION

# A 1-Minute Mindset Shift That Will Instantly Give You The Courage to Set Boundaries

Your boundaries reflect your values—which define who you are.

When you set boundaries with grace, you are expressing yourself in an authentic way. The right man for you needs to see your authentic self—because that's the woman he'll truly cherish.

The right man isn't waiting for you to reinvent yourself, abandon yourself, or somehow prove your worth. He's waiting to meet the woman who knows how to love *and* stay grounded in who she is.

## Healthy Boundaries Affirmation

*I will stay connected with myself as I connect with others. I will build authentic relationships—where I feel seen, valued, and chosen for who I really am.*



## SELF CHECK-IN

# Take a Moment to Reflect

These are actual reflection prompts from the full guide, so you can start integrating the ideas right away.

1. In what ways do you tend to lose yourself while dating? How does it feel when you do?
2. What boundary have you been hoping someone else will honour for you, that you might actually need to set with yourself?
3. What boundaries do you already have in place that are working well for you?

# ***You Are Ready for The Next Step!***

You've just read a small part of *Love Without Losing Yourself*.

If something clicked or softened inside as you read—there's more waiting for you.

The full guide gives you:

- **Word-for-word scripts** for hard conversations
- **Real-life examples** you'll truly relate to
- **Clear guidance** for texting, sex, online dating, and commitment
- **Bonus content** for 10 of the toughest dating moments women face—so you'll feel prepared and confident.

♥ [Click here to get the full guide](#) ♥

You deserve love that honours your self-worth. Let this be your new beginning.

