



Love is Kind

(Not Terrorizing)

Rosie Aiello, MBA

Women's Transformational Leader

**Helping You Reclaim Your Voice, Confidence & Courage so that you can create the
Joyful, Productive & Prosperous life that you DESERVE.**

www.TheLoveisKindNetwork.com

Hi there my friend!

I'm so excited that you grabbed this gift. I'm going to share with you what I've learned about experiencing love being kind, not terrorizing.

After being in an abusive marriage for 25 years, I didn't know what it was like to be treated with kindness in a relationship. I thought I wasn't "good enough" and, "If only I could do better, then he'd be happy."

He blamed me for the problems in the marriage. And I started blaming myself as he kept telling me it was "my fault." True brain-washing and "Gas-lighting."

These feelings created lack of self-worth and confidence in both my personal and professional life.

I am grateful to now be in a loving and kind relationship with a wonderful man. My eyes are open with wonder and excitement as I'm enjoying being treated with kindness.

Below is a the training taken from one of the modules of the ***Freedom Fulfillment Foundation*** where I teach women like you how to expect and deserve kindness, all the time.

***To Live Your Empowered Life Now Remember...
"You deserve to be treated with kindness,
and that starts with being kind to yourself."***

Love is Kind (not Terrorizing), when ...

1. **They are kind to you – not once in a while**, not by giving you some gift, but when you can see the pattern in their character. Even an abuser has kind moments, but it will be offset later with demeaning behavior.
2. They stretch out of their comfort zone to do something with, or for the you as **long as it is within your values and your needs**, not just theirs.
3. **They listen actively and sincerely**. They say, for example, “Tell me what you’d like or need...from me,” or they respond positively when you ask.
4. **They respect your privacy and boundaries**.
5. **You are able to pursue your own goals**, have your own hobbies, or go out with your own friends, for example.
6. **Neither partner is threatened by the other’s friends, or outside activities**.
7. **Your partner supports and encourages you to stay in contact, or to see your family and friends**.
8. **They show empathy and compassion** when you are going through a difficult time. You feel their compassion and support.
9. **They take responsibility for their behavior**, apologize appropriately, avoid blame, and take actions to improve their own behavior.
10. **You resolve conflict by each person sharing their point of view** without yelling, blaming, or name-calling, **and** they accept that you can have an opinion different from theirs.
11. **You accept each other’s past**, and you don’t hold onto past events, or things said in the past against the other in a current conflict.

And of course, you do the same!

Which action will you choose to do today to create and expect a kinder relationship?

Say these mantras daily:

I deserve to be treated with kindness.

I deserve to treat myself with kindness.

WRITE to me at www.TheLoveisKindNetwork.com and let me hear how you're changing to create a life you deserve, and what **challenges** you're still facing and needing help with.

POST what you're doing in:

www.facebook.com/groups/TheLoveisKindMovement

When you share your story of how you're helping yourself, or challenges you're going through, you inspire others to share, too. Together we can become stronger, more empowered, more loving and kinder. Together. You deserve it.

Enjoy!

Rosie

