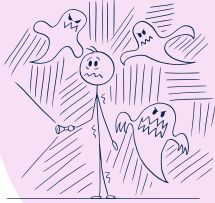


# What Are Core Love Wounds

Core Love Wounds are deep-seated emotional injuries that impact how you form and maintain relationships. This wound originates from past experiences, typically from childhood, and can shape your behaviors, thoughts, and feelings in your adult relationships. Understanding your core love wound allows you to clear the path from unhealthy patterns so you can create fulfilling, supportive love!

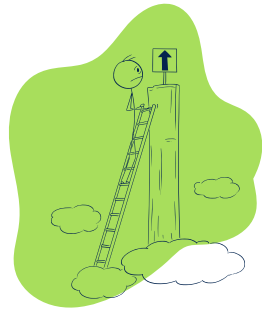


## Visibility Core Love Wound

**What it is:** A fear of being seen.  
**Looks like:** Feeling uncomfortable as the center of attention, avoiding expressing true opinions, & fearing exposure or judgment.

## Perfectionist Core Love Wound

**What it is:** An excessive need for perfection & fear of failure.  
**Looks like:** Overworking, striving for perfect results, feeling never good enough, & fearing mistakes.

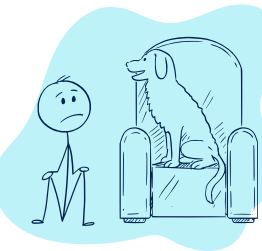


## Shame Core Love Wound

**What it is:** Deep feelings of unworthiness or inadequacy.  
**Looks like:** Shrinking, hiding, downplaying strengths, & staying silent to avoid shame or criticism.

## Loyalty Core Love Wound

**What it is:** Overly strong loyalty to others at the expense of self.  
**Looks like:** Boundary issues, prioritizing others' needs over your own, & staying in unsatisfying love.

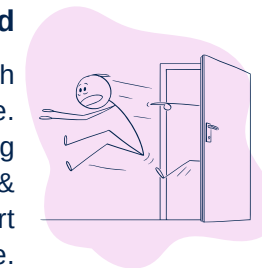


## Vulnerability Core Love Wound

**What it is:** Difficulty in opening up and trusting others.  
**Looks like:** Struggling to share emotions, over-functioning to appear strong, & avoiding intimacy to prevent getting hurt.

## Authority Core Love Wound

**What it is:** Distrust & resentment with any authority figure.  
**Looks like:** Challenging rules, feeling injustice from those in power, & creating conflict to assert independence.

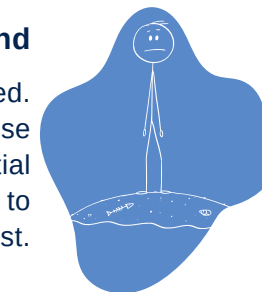


## Identity Core Love Wound

**What it is:** Uncertainty about one's true self.  
**Looks like:** Blending in with groups, frequently questioning identity, & lacking a strong sense of self.

## Abandonment Core Love Wound

**What it is:** Fear of being left or rejected.  
**Looks like:** Quickly forming intense bonds, severe anxiety over potential abandonment, pushing people away to avoid rejection, & struggling with trust.



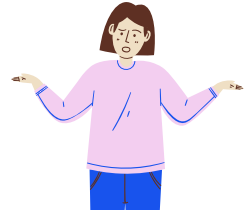
next page  
for more!



# Overcoming Core Love Wounds

## OH NO! I think I have them all?!?

This quiz is just a measure of intensity of ONE of your core love wounds at THIS specific time in THIS space/moment. There is a better-than-good probability you suffer from more than one Core Love Wound. The intention of this assessment is to show you one how one wound at this time is making an **invitation** for you to work on it NOW.



## You CAN overcome your core love wounds!

You can overcome your core love wounds and clear the path for genuine love and connection. By acknowledging and understanding these wounds, you can start to heal and transform your relationship patterns. This process empowers you to make healthier choices, set strong boundaries, and cultivate relationships that truly support and nurture you. With commitment and self-awareness, you can move past the pain of your past and open yourself up to healthy, satisfying love & relationships.



## What should you do next?

Now that you have identified your core love wound, you are on the path to healing and building healthier relationships.

For further guidance and support, visit [jennyrain.com](https://jennyrain.com). Explore the resources (There are lots of free resources on the site!)

To explore a more in-depth form of support, schedule a Love Liberation Breakthrough session to create actionable steps towards emotional freedom in your relationships.



**Schedule your session at [jennyrain.com/LLB](https://jennyrain.com/LLB)**