

THE LIBRARY OF WISDOM
Library Companion Series
Love Begins With You
A Library Companion from the Dating Wisdom Collection
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Welcome

The First Relationship Is With Yourself

Before someone learns how to be a good partner...

They must first learn how to be comfortable being themselves.

That's harder than it sounds.

Many of us spend years believing that love will finally make us feel complete.

We search for someone to fill our loneliness.

Someone to erase our doubts.

Someone to convince us we're enough.

But healthy love doesn't begin with another person.

It begins the day we recognize our own worth.

When we know who we are, we stop chasing people who cannot see our value.

When we know what we deserve, we stop settling for less than respect.

And when we learn to enjoy our own company, we discover that love becomes a gift—not a rescue mission.

Whether you're dating, married, widowed, divorced, or happily single, the most important relationship you'll ever have is the one you have with yourself. Welcome.

The Empty Coffee Cup

Every Thursday morning, a young woman stopped at the same neighborhood coffee shop.

She always ordered the same drink.

She always sat by the window.

She always waited.

Her friends assumed she was waiting for someone.

One morning the barista smiled and finally asked,

"Is your friend running late?"

She laughed.

"No."

"I promised myself I'd spend one hour every week learning to enjoy my own company."

The barista smiled.

"How's it going?"

She looked out the window before answering.

"The first few weeks felt lonely."

"Now it feels peaceful."

She discovered something unexpected.

The more comfortable she became sitting alone...

The less willing she was to spend time with people who made her feel lonely.

Sometimes learning to love yourself doesn't happen in extraordinary moments.

Sometimes it begins with an empty chair, a warm cup of coffee, and the realization that your own company is enough.

The Old Photograph

While cleaning out a closet, a man found a photograph of himself at twenty-five.

He stared at it for a long time.

"I remember him," he whispered.

He remembered all the dreams.

The confidence.

The laughter.

The belief that life was still unfolding.

For a moment he felt sad, wondering where that young man had gone.

Then he smiled.

He realized something.

He hadn't disappeared.

He had simply become someone with more stories.

More wisdom.

More scars.

More gratitude.

He carefully placed the photograph back into the album.

Not because he wanted to go back.

But because he was finally learning to appreciate the person he had become.

Real love isn't wishing you were someone else.

It's making peace with the person you are today.

A Smile Along the Way

Love has a wonderful sense of humor.

- The right person won't be impressed by pretending to be someone you're not.
- Dating gets much easier when your self-respect starts making the introductions.
- Confidence isn't walking into a room believing everyone will like you. It's walking in knowing you'll be just fine even if they don't.

Sit With This for a Moment

The healthiest relationships aren't built on perfection.

They're built on honesty.

Mutual respect.

Shared laughter.

Patience.

Kindness.

And two people who have learned they are already whole.

Before you can truly give your heart, it's worth asking whether you've learned to protect it.

Take a few quiet moments to reflect.

Three Questions to Consider

1. What qualities do you admire most about yourself?

2. Have you ever stayed in a relationship longer than you should have because you doubted your own worth?

3. What kind of love do you hope people experience when they are with you?

A Quiet Prayer

Heavenly Father,

Thank You for creating me with purpose, dignity, and worth.

Help me see myself through Your eyes rather than through fear, comparison, or the opinions of others.

Teach me to love with wisdom, to receive love with gratitude, and to never confuse attention with genuine affection.

May I choose relationships that encourage growth, kindness, honesty, and peace.

And if I ever find myself walking alone for a season, remind me that I am never truly alone, because Your love has always been enough.

Guide my heart, guard my spirit, and help me become the kind of person who reflects the love I hope to receive.

Amen.

Continue Your Journey

If today's conversation encouraged you, you may enjoy these books from the **Dating Wisdom Collection** in the **Library of Wisdom**:

- **Dating Smart**
- **Non-Negotiables**
- **Finding the One Who Chooses You**
- **If He Wanted to Answer, He Would**
- **Chasing Women They Can't Have**
- **Through These Hall**

The greatest love story you'll ever write begins long before someone else enters the picture. It begins the day you recognize your own worth, choose to live with integrity, and discover that the strongest relationships are built by two people who already know they are enough.