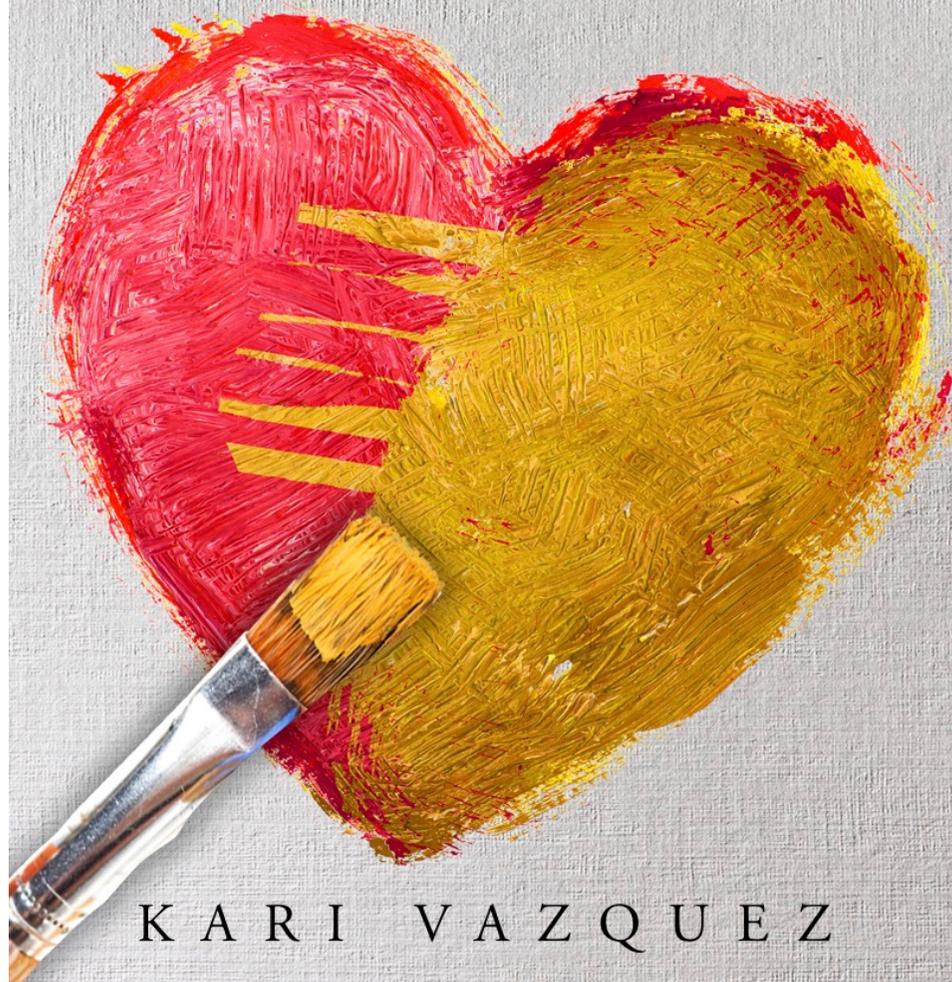


RECREATE YOUR  
*Love*



KARI VAZQUEZ

# **ReCreate** **Your** *Love*

A Guide To Create True  
Unconditional Love For Yourself,  
Your Spouse, And Others.

**KARI VAZQUEZ**

Thank You God! To my amazing Mom, Dad,  
Children, Grandson, and awesome Husband,  
Carlos!

Thank You All For Your Love & Support!

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*Hello Dear Friend,*

If you have been struggling in your relationship, having a hard time truly loving who you are with, or your life in general; this guide will help you overcome these challenges. Learning to love again takes time and, more importantly, effort on your part. If you are tired of the cycle you have been living, stuck on the same path going around in circles of love hurt; come take my hand and let me guide you through this new path to ReCreate Your Love.

My name is Kari and I am a Relationship Coach. Thank you for entrusting me with helping you ReCreate Your Love! I'm going to be upfront and honest with you from the beginning: this journey will be hard but totally worth it. I have come out of this part of my journey and I am able to love on a level I never thought possible. My prayer for you is that this guide will take you to a higher place and that you will find that higher level of love you never thought possible.

I was married for 10 years, had 4 kids, then got divorced. Soon after, I married my high school sweetheart, had 1 kid, and almost got divorced. But we reconciled and are now happily married. I went through many years of happy and very sad times. When I almost got divorced again, I was in a really dark place. Getting through that part of my journey has allowed me to be where I am today.

Grab a cup of coffee, tea, or glass of wine. Get your pen and let's dive in.

Now remember, this is a part of your journey. This is not a 3-step process and it's not an overnight project. This is a guide to help you on your journey through love, as you conquer what holds you back from being able to love freely so you can love harder and stronger than ever before. What if you could take the love you know, the parts that aren't working, the parts that are broken, the parts that have broken you, and recreate it, what would that look like?

Finally, I am a Certified Coach. I am not a psychiatrist, psychologist, or therapist. This guide shares my experiences and provides you with relationship tips, and guidance on how to improve your relationships. If you are dealing with mental illness, abuse, or anything that requires professional help, please seek that help. A team has different people in different roles: Coaches, Players, Physical Therapists, Trainers, etc. I play the role of Coach, you are the Player, and make sure you recruit those you need to complete your team.

*Much Love,*

*Kari*

*Love Your Hardest  
Every Day,  
As If It Was Your Last!*

*Kari Vazquez*



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# INTRODUCTION

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## *Practice Self-Love & Relaxation*

*Being in tune with your body is part of self-love. It's like driving your car or caring for your home. With your car you may listen for weird noises and you have routine check-ups, oil changes, etc. With your home, you will keep an eye on things that need to be fixed, maintain the yard, change light bulbs, clean, and maintain things in a certain order.*

*Our bodies are more important than both of those things. Are you doing daily check-ups, self-tuning, repairing what's broken? Notice if you carry stress in your shoulders, back, neck, or in your head. Do you take deep breaths or shallow breaths? Are you slouched, sitting up straight? Is your back against a chair or a couch? Is your body relaxed or tense?*

## *Learn How to Relax*

- 1. Sit up straight in a chair with your feet flat on the floor. Relax your face, your neck, your shoulders.*
- 2. Let any tension flow down and out your arms, down and out through your legs.*

3. *Take deep breaths, and release any tension in your stomach, bottom, and legs (you'd be surprised the tension we hold in our bottoms, especially women).*

*Sit in this relaxed state, feel what it feels like, practice it throughout your day.*

### **Gratitude**

*Each chapter will have a section for you to practice gratitude. Being mindful of the things we are blessed with and practicing gratitude is so important. It helps us live a healthy and positive life each day. Gratitude is also part of healing. As you go through this book, there will be healing taking place in your heart, mind, body, and soul. There is always something you can be grateful for and this book will help you remember to practice gratitude.*

### **Lovework**

*Each Chapter will have "Lovework" where you will work through assignments that help you learn how to truly love you, your spouse or partner, and others.*

### **Check-Ins**

*Each chapter will have a "Check-In" to remind you to check in with how you are feeling after processing and going through Lovework. Getting in the habit of checking in with yourself, your spouse, and your important relationships will help your relationships thrive. I think of this as checking the pulse of your*

*thoughts, feeling, and intentions and checking the pulse of your relationships. You want to be sure there's life and if that pulse is faint, checking in will allow you to identify why and how to improve it.*

### **Time Out - Be Still & Breathe**

*Throughout this book take "Time Out" to be still and breathe. Whether you want to pray, meditate, or take a power nap, just take time to give your mind and your body rest. As you begin to practice this throughout this book, take this practice through- out your life. Taking time out from life's difficulties teaches you how to love yourself and will allow you find more peace and joy in your life. This is a time of surrender, where you leave every- thing aside and focus on you. Breathe, be grateful, be still, and rest throughout your body.*

- ▶ *Be intentional and set your timer for 5 minutes. If you love music, play slow music (no words), sit or lay down, and breathe.*
- ▶ *Be focused on your breathing or things you are grateful for.*
- ▶ *Be relaxed and mindful of your body from head to toe, how it feels, release any tension, and relax.*
- ▶ *Be consistent, listen to your mind and your body. When you need a time out, take it!*

*God has given us the strength, power, and will to decide, to do and to be who He has called us to be. Therefore, there is nothing we cannot do, including forgive. When you feel or think you can't do something, then you won't. Open your mind and your heart to receive freedom from what you've allowed to hold you back.*

# 1

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## Forgiveness

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### *Forgiveness is Key!*

First, let me be clear about what forgiveness is and what it is not. Forgiveness is releasing you from holding on to a wrong or hurtful act against you. Forgiveness is not saying what was done was right in any way and it does not mean you even have to have a relationship with the person who wronged you. But forgiveness frees you to move forward without holding on to extra baggage. If you have been in any type of abusive relationship that the abuser has not acknowledged and sought help for, there should always be forgiveness so you are free, but does not mean reconciliation will occur or even should occur.

I grew up in a two-parent home that had love and problems we hid well. Everyone thought we were a perfect family. The reality is, no family goes untouched from the issues of life. As a child I always struggled to feel like I fit in, I struggled with my relationship with my mom, and I was considered

the tough one, out of the siblings, so I tried not to show my feelings. Decades later, I have learned how these challenges and behaviors developed anger and bitterness that showed up in many different ways. I was a rebellious child for a few years, that resulted in many poor decisions on my part. It took me getting to my 30's and reflecting on my life to see how I held so many things in and never truly forgave some of these childhood struggles and decisions I had made.

Looking back now, I have come to understand how things like financial struggles and depression in my family contributed to many of our challenges. Not knowing how to process these things as a child, or the lack of understanding that some of these things existed, brought unnecessary anger that I could have processed better if I did understand. Although I lived in a stable home, with average problems, and a very safe environment, that feeling that I didn't fit in continued into adulthood. I felt very loved by my father and I struggled with my mother. I felt like I was never good enough for her which over time built unforgiveness toward her.

I had friends but always felt like the awkward third wheel and the reality was, it was that same feeling with my family. I spent years feeling ugly and unworthy of true love. So I settled for any kind of love, as I longed for that missing connection. When I was 18 years old and met someone who was willing to "love" me and get me out of my house, I took the offer.

Living with unforgiveness in my heart toward myself for decisions I had made, toward my mom, toward people I felt rejected me, caused many years of unnecessary pain and

struggle that I did not have to endure. Unforgiveness led to an I-don't-care attitude, because I thought other people didn't care. This negative mindset was also how I thought I was protecting myself. If I acted like I didn't care, then maybe I could actually not care that I never really processed how I felt growing up.

Unforgiveness is tricky like that, it will have you thinking things that don't really exist or may exist, but are not the way you see them. Unforgiveness I had from my childhood and teen years turned into a habit in my marriage. When you hold on to pain or hurt that has been caused to you, over time it turns into bitterness and you get into a dark place. I stuffed my lack of forgiveness for my perceived pain of rejection. While some of it was real, most of it was lies I told myself and believed. Unforgiveness causes your thoughts and beliefs to be cloudy and unclear. It's like mold, it loves darkness and will grow, if you don't kill it. It eats away at you each time you get hurt, especially in the same type of way.

In my case, I started feeling rejection in my 1st marriage and while I thought I had forgiven my ex-husband, I was only ignoring and stuffing my feelings deep down; as I had done growing up. Growing up, we didn't talk about how we were feeling, we stuffed our feelings deep down until one day they exploded. So when I finally learned what a therapist was and that I could talk to someone about my feelings, I began my journey to understand who I was. Sadly, it wasn't until a few years ago that I came to understand me on a much higher

level and I'm not sure that years of therapy contributed much. Instead, my own personal development, research, and lots of questions being asked, is what I believe has allowed me to be where I am today.

Unforgiveness that led to my I-don't-care attitude, then led to me wanting to get out of my parent's house, which then led me right back to the same place, a 10-year marriage full of many uncertainties, more rejection, and pain. While I married a person who meant well and wanted good things, many things were wrong. I hope you have seen the cycle here of unforgiveness, until you find and process forgiveness, you will go in circles and attract the same thing that caused you to feel hurt. Unforgiveness drives us toward deep, dark places in our journey in life. It's like falling in quicksand, except you're the only one that can get yourself out. My anger and unforgiveness led to decades of hurt and pain and I want to help you help yourself, so that you stop living a life of hurt, pain, and unforgiveness. Holding on to things only makes you a prisoner to your hurt and pain.

Forgiveness is easy when you practice it daily and you must do it daily to master it. While it does not come naturally, remember many things don't. Forgiveness is a choice and a decision you make. It's like gratitude, we must practice it daily and create a habit, in order to master it. Forgiveness can be broken down into 3 components: forgiving yourself, your spouse/partner, and others. Each area of this book will start with YOU. When you start with you and take responsibility for what you bring into a relationship, both the good and

## RECREATE YOUR LOVE

bad, you can make a conscious decision of what you need to change and what you need to continue doing, or better yet, what you can do on a higher, more amazing level. And when you look at yourself and what God would want from you, then operate on that level, you become unstoppable!

*<sup>31</sup> Let all bitterness and  
wrath and anger and  
clamor and slander be put  
away from you, along with  
all malice. <sup>32</sup> Be kind to one  
another, tenderhearted,  
forgiving one another, as  
God in Christ forgave you.*

*Ephesians 4:31-32  
English Standard Version (ESV)*

### *Forgive Yourself.*

If you struggle with forgiveness, you probably have not forgiven yourself for times you have failed yourself or others. You will be unable to forgive your spouse or others if you don't forgive yourself. However, before we go there, think of things that you are grateful for about YOU. You can be grateful for anything: your beautiful hair, amazing skin, kindness, strong mind, or career. When we practice gratitude daily, first thing in the morning, before we go to bed, and throughout our days, life comes into focus in a positive way. Gratitude changes our perspective in life. Being grateful for who you are and what you have accomplished in life helps you to love you better. Ultimately, you should be practicing the art of self-love daily, as this will allow you to love others on a higher level. What are you grateful for? Write out your list.

*I am grateful for me because:* \_\_\_\_\_

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Now think about areas in your life that you feel guilt or haven't forgiven yourself. Guilt is usually a good indicator that you have not forgiven yourself. (Some ideas: Are you angry with yourself for not being the best spouse or parent? Have you ever felt bad for not feeling "good enough" or being de-pressed? Do you need to forgive yourself for not being the best cook or having the cleanest home?)

On next page, write out anything you need to forgive yourself for. You may want to use a separate sheet of paper. You'll find out why later.

*"Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well."*

— Theodore Roosevelt





## ***Forgive Yourself!***

Now that you have written out your list of things you have not forgiven yourself for, read it to yourself and forgive yourself.

1. Tell yourself, “I forgive you for it all!”
2. Take responsibility for things you will change and do different, but forgive yourself. If you need to, read each item and tell yourself, “I forgive you!”
3. Identify things that are lies, bring them into the light, and speak truth into your heart, mind, body, and soul. Forgive yourself! Lies you may be telling yourself are that you’re not pretty or handsome enough, skinny enough, smart enough, or good enough to live the life you desire. These lies could be the root of your unforgiveness. Because I did not feel good enough as a child, I thought I was not good enough as a wife, and this lie caused me to try and be perfect so I’d be considered good enough. I would try to keep things clean and when it got messy, I felt like a failure.
4. Now cut or rip out the “Forgive It or F It List” page. Put this page aside for now. This step of ripping this page out or cutting it out symbolizes you removing unforgiveness from your life. As you rip it out, say, “F It!” Or pick whatever brings you freedom.
5. Go back and read the things you were grateful for. Can you add more? If so, add more things or people you are grateful for. Convert guilt or unforgiveness you’ve had to gratitude and write those down.

## Check-In

**How do you feel right now?**

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**Is there anything you feel you haven't let go of?**

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*Be sure to take more time if needed to process anything you may still be holding on to & practice forgiveness!*

### *Forgive Your Spouse!*

Now that you've worked through forgiving yourself, let's move on to your spouse or partner. However, before you start thinking of all the hurt and disappointments that have caused you to blame or resent your partner, *clear your mind*. First, think about what you are grateful for in them. You may be grateful for the way they care for your kids, for their hard work, for provision, for kind words, their amazing smile, the way they make you smile or laugh, or a gentle touch each day. If you do not have a partner, write down what you will be grateful for in a partner. Take this space to write what you would be grateful to have in a partner, things you would love. Starting with the good and ending with the good will help you keep your mind clear. Write your list here.

***I am grateful for my spouse/partner because:*** \_\_\_\_\_

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Despite feeling grateful, there are times that we build up a wall around people and things that have hurt us. As the hurts and disappointments grow, the wall gets higher and the space in that prison cell you created with unforgiveness gets smaller. The walls must come down and you are the only one that can free yourself. You cannot fully live your life behind walls. Remember, this is a choice and a decision that you can make to be free.

Think about all the issues, anger, disappointments...whatever comes to mind that relates to your spouse or partner that you have not truly forgiven them for. On the next page, write out anything they've done to hurt you or disappoint you that you have not forgiven them for. The purpose of this Lovework is to identify anything that comes to mind that you have not forgiven or that you're still holding on to in a negative manner, that you will forgive and let go of. If you can have closure and lump moments into a category, feel free. The point is not to bring up past hurts and the details, but rather to bring up the hurts you continue to bring up or think about because you have not let go.





## *Forgive Them!*

Almost Done. Now that you have written out your list of things you have not forgiven your partner for, read it to yourself and forgive them.

1. Tell yourself, “I forgive (their name) for it all!”
2. Take responsibility for hurts you may have caused, change that behavior in you, and forgive them for their part. If you need to, read each item and tell yourself, “I forgive them!”
3. Identify things that are lies, bring them into the light, and speak truth into your heart, mind, body, and soul. Forgive Them! Lies you may be telling yourself about them are that they don’t truly love you, that they’re not trustworthy, or that they will never change.
4. Now cut or rip out the “Forgive It or F It List” page. Put this page aside. This step of ripping this page out or cutting it out symbolizes you removing un-forgiveness from your life. As you rip it out, say, “F It!” Or pick whatever brings you freedom.
5. Go back and read the things you are grateful for. Can you add more? If so, add more things or people you are grateful for. Convert anger or un-forgiveness you’ve had to gratitude and write those down.

## **TURNING UP THE FIRE HERE!**

Take some time out to talk to your partner about these things, but first start with what you're grateful for and what you appreciate in your spouse. Then ask them if you can share what has hurt you and let your spouse know you forgive them. You also need to ask your partner to share how you've hurt them and ask them to forgive you.

### 4 Key Points to this Discussion to **LOVE**

1. Let the conversation be non-defensive and open-minded, this is not a finger pointing or yelling moment. This is a time to share how you each feel without any retaliation. "We all have the right to feel what we feel, it doesn't make our feelings right." So keep in mind that our feelings can be deceiving and when you are open to listen, you may learn that you had every right to feel the way you did, but your feeling may have been based on a falsehood.
2. Operate with compassion and empathy. Make sure it's a good time to talk. If you think it'll never be a good time because you're in such a bad place with your partner, when it's quiet, just let them know, "I've been working on me, I realize that I needed to forgive you for anything you've ever done that made me feel hurt and I hope you can forgive me for anything I've done to hurt you, because I'm sorry."

If you find a good time, let them know you have some things on your mind and heart that you'd like to discuss. **ASK** them if it's a good time to talk and

be specific about how much time you need. **WHY** ask and give a specific time, because you want to go into a sensitive topic with guards down and you want to show respect from the beginning of this conversation. Your relationship may be very guarded now due to all the pain, so until there is an understanding and change, you should go into difficult conversations with permission and respect for how they may feel. **WAIT** for your partner to say yes to having the conversation. Forcing someone to talk about any topic will not have positive results. Be mindful of the time you decided to have conversation. It can be easy to go down a rabbit hole and stir ill feelings, causing the conversation to go bad. Stick to the list and let go, forgive. Having empathy helps you to try to understand why they felt the way they felt, whether right or wrong.

If your partner says no to having the conversation, then this is where you go back to letting them know “I’ve been working on me, I realize that I needed to forgive you for anything you’ve ever done that made me feel hurt and I hope you can forgive me for anything I’ve done to hurt you, because I’m sorry.”

3. **Vulnerability will take you further than you ever thought.** Tear down the walls, free yourself from your prison, and talk openly. This will begin to build a strong foundation that’s clear for your journey forward.

4. Every day, practice forgiveness with yourself and your partner, have the conversations, operate with compassion and empathy, and be vulnerable.

***Love Tip!***

*\*Men do better when they are not caught off guard with a hard conversation. They also do better when they know they are not going to be caught in an hour-long conversation or argument. They just want to get to the point and be done with it...work with him.*

**MEET SOMEWHERE IN THE MIDDLE**

*\*Women want to have long conversations and explain every detail to what happened and why. This makes them feel connected and understood better when they are listened to...work with her.*

## Check-In

**How do you feel right now?**

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**Is there anything you feel you haven't let go of?**

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*Be sure to take more time if needed to process  
anything you may still be holding on to &  
practice forgiveness!*

***Time Out!  
Breathe and Be Still.***

***“Be still and know that  
I am God,”***

***Psalm 46:10***

***(New International Version(NIV))***

### *Forgive Others!*

Sometimes we don't realize how our childhood or other people affect our marriage. Parents, friends, co-workers, our children, in-laws, past relationships...they have all affected us. When you harbor unforgiveness toward anyone, it breaks you down and hurts your relationships. Some of these people you will be able to actively meet with and have the same conversation you had with your spouse, some you may never speak to again. Either way, you want to go through the same process you went through for yourself and your spouse. If it's possible, you want to let them know you forgive them, ask them to forgive you, and move forward!

First things first, gratitude! Think about what you are grateful for in the people in your life. This could be anyone but focus on those who have hurt you and you have not forgiven. It may be for the way they served you at some point, how they helped you grow through the pain, or for simply for teaching you how not to be. Write your list here.

***I am grateful for \_\_\_\_\_ because:*** (Write their name and what you're grateful for):

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## *ReCreate Your Love - Forgive Others!*

Now that you have written out your list of things you have not forgiven others for, read it to yourself and forgive them.

1. Tell yourself, “I forgive (their name or Them All) for it all!”
2. Take responsibility for hurts you may have caused, change that behavior in you, and forgive them for their part. If you need to, read each item and tell yourself, “I forgive them!” Use names if you need to have full release.
3. Identify things that are lies, bring them into the light, and speak truth into your heart, mind, body, and soul. Forgive Them!
4. Now cut or rip out the “Forgive It or F It List” page. Put this page aside for now. This step of ripping this page out or cutting it out symbolizes you removing unforgiveness from your life. As you rip it out, say, “F It!” Or pick whatever brings you freedom.
5. Go back and read the things you were grateful for. Can you add more? If so, add more things or people you are grateful for. Convert anger or unforgiveness you’ve had to gratitude and write those down.

Forgiving yourself and others, following the steps, is so important. If you don’t forgive, if you don’t move past the hurt, if you don’t move forward...you will be stuck forever. You will repeat the same cycle and patterns your entire life. Dear Friend, it’s not worth it. My life used to feel like a hamster wheel, but I wanted to be free. So I had to forgive myself, I had to forgive my ex-husband, I had to forgive my husband, my parents, my children, and others around me. I wanted freedom and want that for you too! Honestly, forgiveness is the only way to be free. So much of what we hold on to really isn’t even worth the fight.

## Check-In

**How do you feel right now?**

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**Is there anything you feel you haven't let go of?**

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*Bear with each other and  
forgive one another if any of  
you has a grievance against  
someone. Forgive as the  
Lord forgave you.*

*Colossians 3:13*

*(New International Version(NIV))*

*If we confess our sins,  
he is faithful and just and  
will forgive us our sins  
and purify us from all  
unrighteousness.*

*1 John 1:9*

*(New International Version (NIV))*



## DESTROY THE “F IT LIST!”

Now you get to pick a method to destroy your “F It List.” My personal favorite method of destroying the “F It List” is burning it. Other methods include shredding it, ripping it and then burning the pieces, running over it with a car... you can be creative! Pick a method that will bring total satisfaction and is safe. Whatever you do, BE SAFE in your destruction method! Celebrate! Throw your hands up in the air, dance, do whatever gives you a sense of empowerment and freedom, do it as that list burns or shreds or as you rip it to pieces. This will be your anchor for each time you want to hold on to something. This anchor will keep you in a place of practicing forgiveness.

An anchor is used to keep a vessel from drifting. Watching your “F It List” be destroyed can serve as an anchor. When you feel yourself drifting into the ocean of unforgiveness, go back to that moment, go back to throwing your hands up in the air, that dance, or whatever you did to empower you to freedom and release. Do whatever it takes to remind yourself to never go back to holding onto hurt and pain. When you destroy the list, you anchor your heart in truth and the practice of forgiveness. Letting go of the past and moving forward in love, you will break free from the bad habits of the past. Be Free, Dear Friend!

**How do you feel right now?**

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***I am so grateful for...***

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*Be self-aware of your  
conditions and expectations,  
when you Love.*



For more support on restoring love in your life visit [www.recreateyourlove.com](http://www.recreateyourlove.com).

### Let's Connect

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