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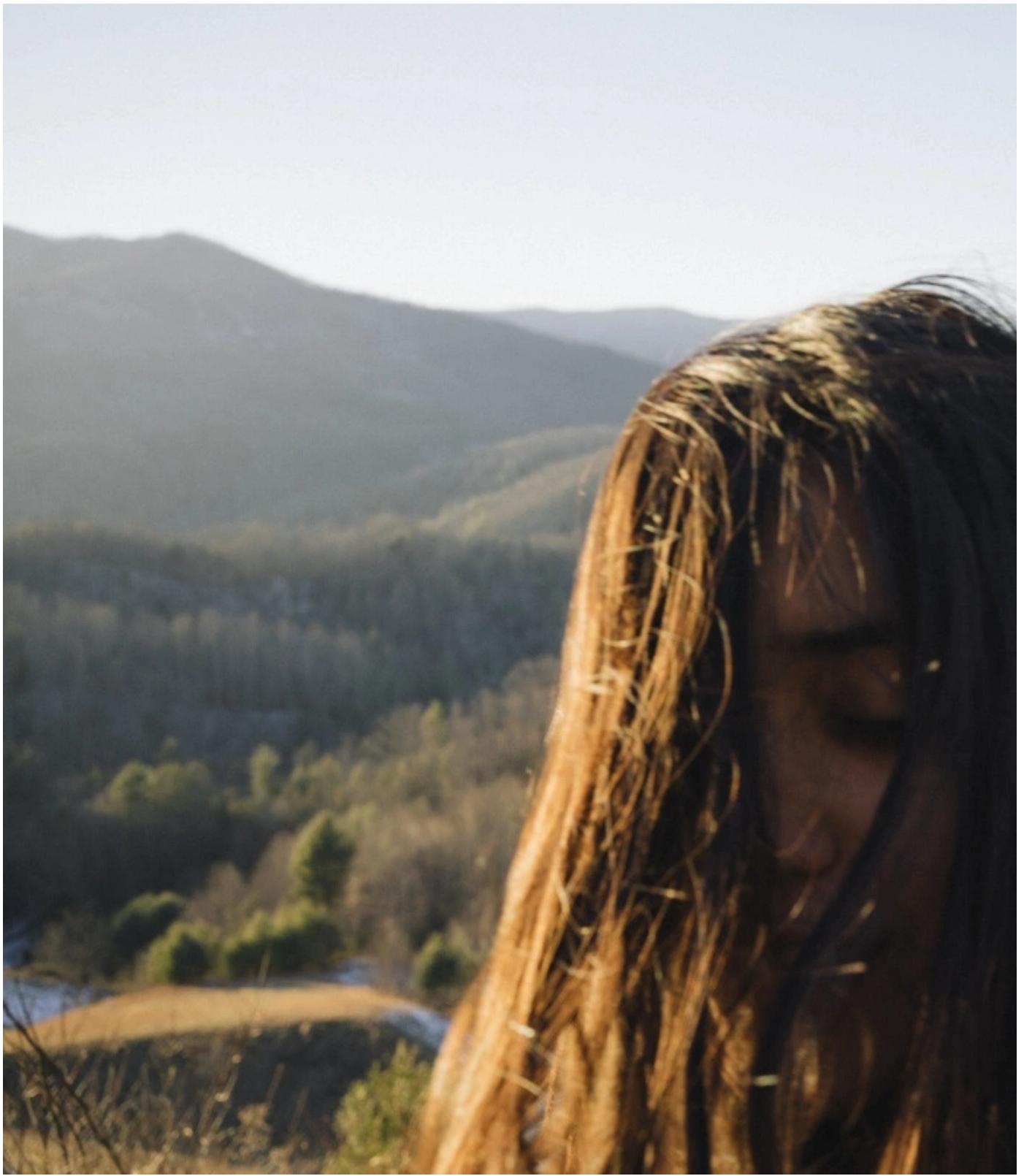


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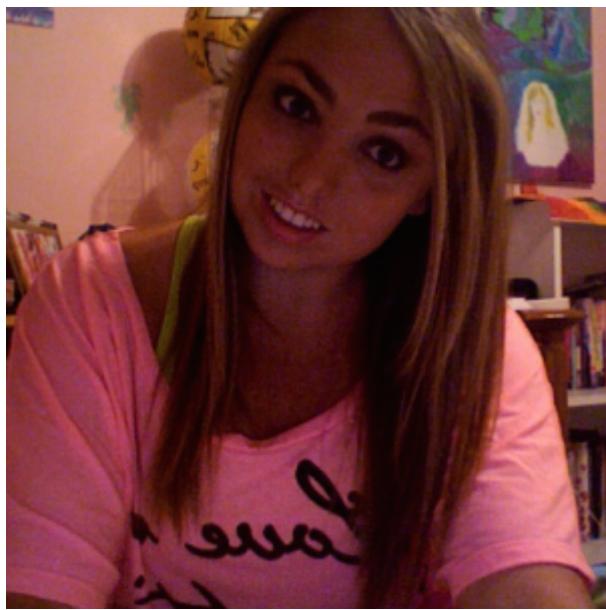




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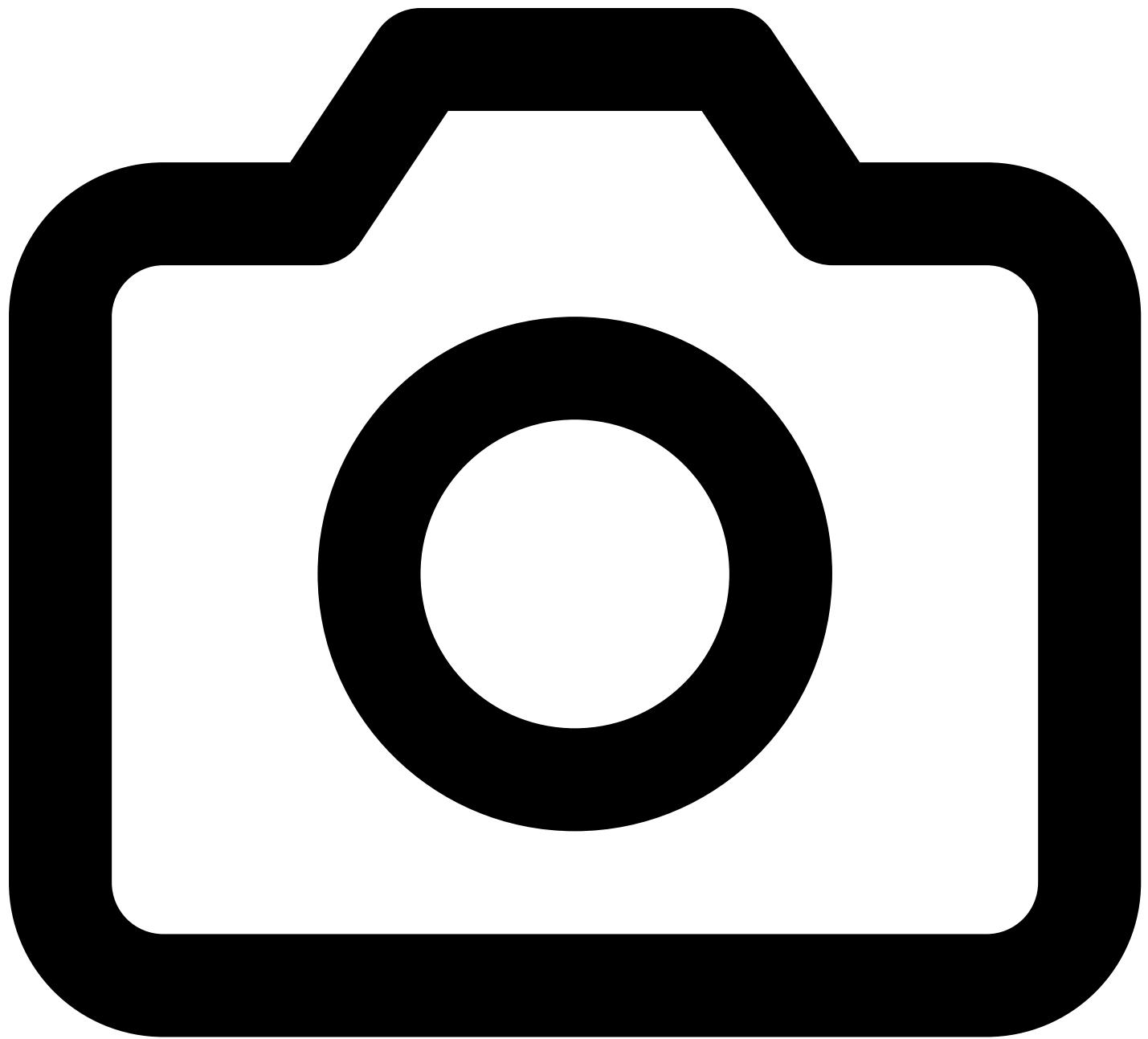
The Best Relationship Of Your Life Will Be The Girl Who Is Scared To Love





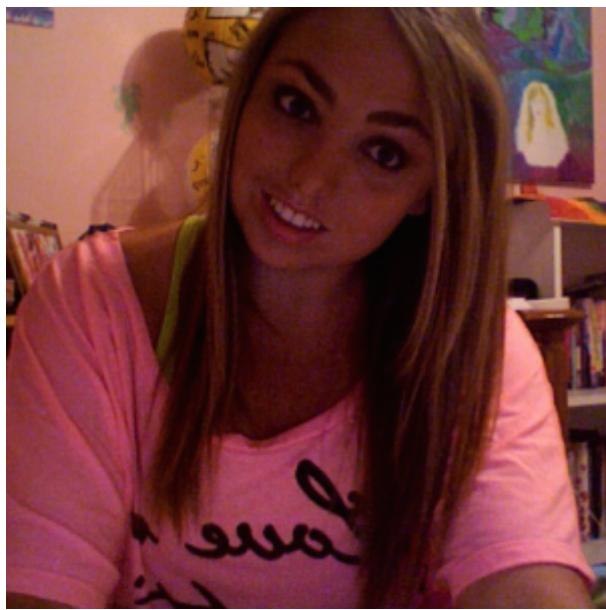
By [Kirsten Corley](#) Updated May 12, 2019





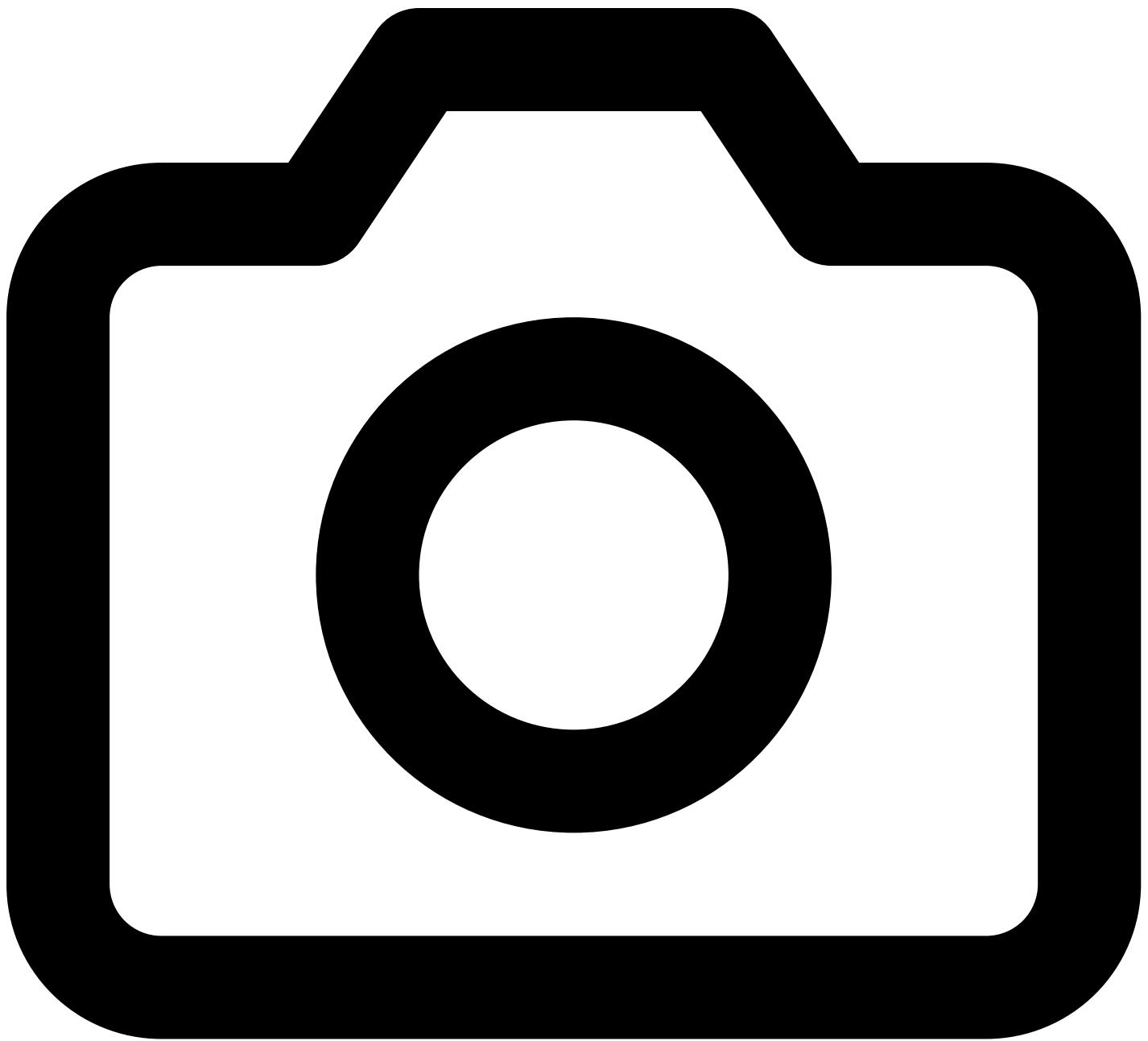
[Coley_Brown](#)





By [Kirsten Corley](#) Updated May 12, 2019





[Coley Brown](#)

She'll take things really slow.

She doesn't just jump from relationship to relationship. When she tells you how long it's been since she even used the word boyfriend to describe someone, she'll pause for a moment. She values relationships but more than that she values the right ones. And that's what she's looking for something for keeps not just for a moment and that's been a bit difficult for her.

She's not going to flaunt everything across social media or tell a hundred people. She's going to keep it to herself until she's a little more confident in you and if this is something or not.



When someone is scared to love they don't put a lot of effort into finding it. They invest their time and emotions in other things that keep them busy or distract them. So when she finds the right relationship, she'll make you a priority because she won't become engulfed by it. The truth is she has other things on her plate and a life that has nothing to do with her relationship status. It's a life she's proud of. A life that she's built all on her own. A life a lot of people will admire but few people think they can keep up with.

She doesn't know how to be someone's girlfriend.

The word girlfriend is hard for her. Most need a title to [feel secure](#). But she just wants someone she's confident in regardless of what you might call her. She doesn't need a label to be loyal. While she's used to her freedom and flirting and being able to talk to anyone she wants and have any sort of relationship, what she enjoys most is looking at someone across the room and knowing they are the best one there. When someone who isn't used to a relationship they value when they finally get it.

She'll put in the effort.

She puts in the effort. In the past, she never knew what it was like to have feelings and gestures reciprocated. But she's always given people her best whether they deserved it or not. Relationships are 50/50 thing and she's always brought what she needed to, to the table that's easy for her. What isn't is knowing she doesn't have to give more than that and simply accepting what someone else is willing to give.

She appreciates everything.

She says thank you a little too often. If a series of relationships and fear of history repeating itself taught her anything it's about gratitude. At first, she's going to be doubtful and think it's too good to be true or there are motives but as she gets used to someone and learns to trust them, she's going to be the type that never stops showing you she cares. She knows what it feels like to have someone who doesn't care, so she doesn't do that.

She'll be brutally honest.

She knows what it's like to be lied to and led on and hurt. She'll never do that to someone else. She'll never toy with someone's emotions if she's unsure of her own. She'll tell you exactly what she's thinking and feeling and it might throw you off at first. Maybe you'll doubt her too. But the girl who is scared to get hurt will never be the



You'll realize quickly [how guarded she is](#). That there are a lot of layers and baggage to her. Baggage that isn't even her fault or her responsibility. But as you get to know her you'll learn her more. And when she trusts you enough to tell you about her past you'll suddenly understand why she is the way she is and that she blames herself for a lot of it. It's your understanding and confidence in her that will make her heal a bit.

She'll love harder than anyone you've ever met.

When you get to the point where she trusts you with her heart, all of her walls are going to come crumbling down. And this person that seemed a [bit jaded and difficult at first](#) really just needed the right type of love. If you end up being that person, she's going to love you and change the way you love yourself. Because girls who are scared of love just haven't found the right one yet. But they have the biggest hearts that are worthy of it.



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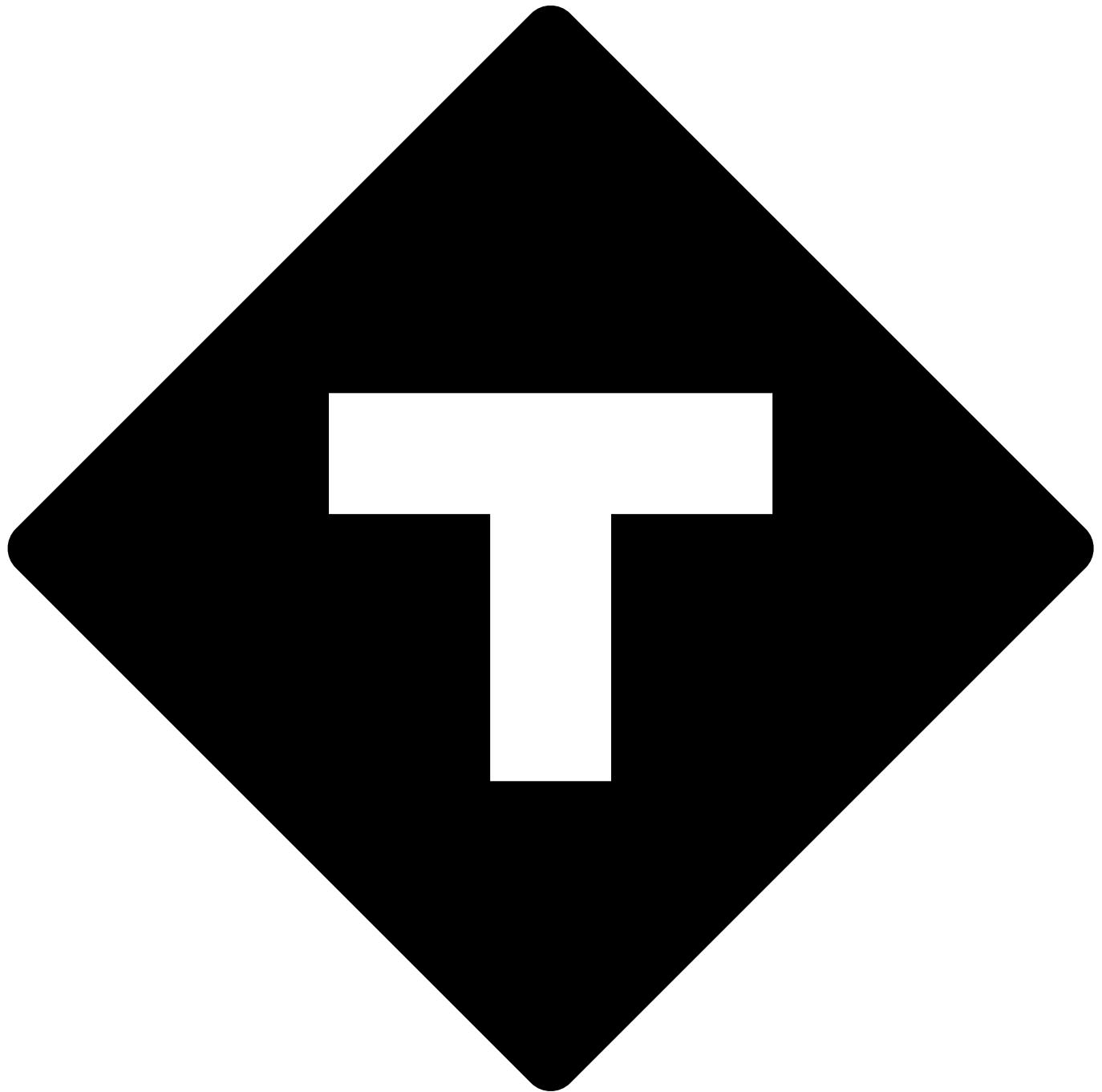




14 Things To Know Before Dating A Girl Who's Used To Being On Her Own

Kirsten is the author of [*But Before You Leave*](#), a book of poetry about the experiences we struggle to put into words. Follow Kirsten on [Instagram](#) or read more articles from Kirsten on [Thought Catalog](#).





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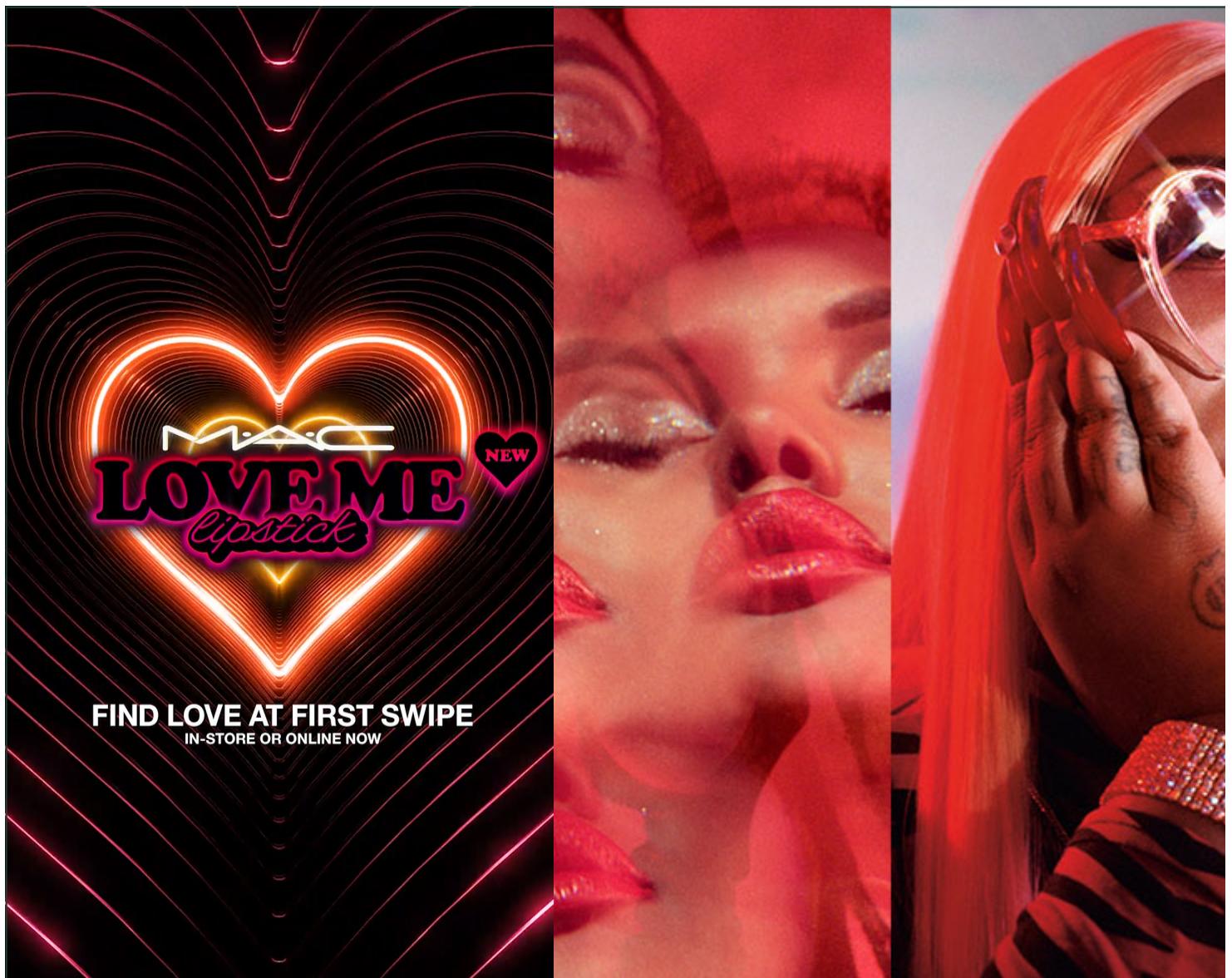
Trace the scars life has left you. It will remind you that at one point, you fought for something. You believed.

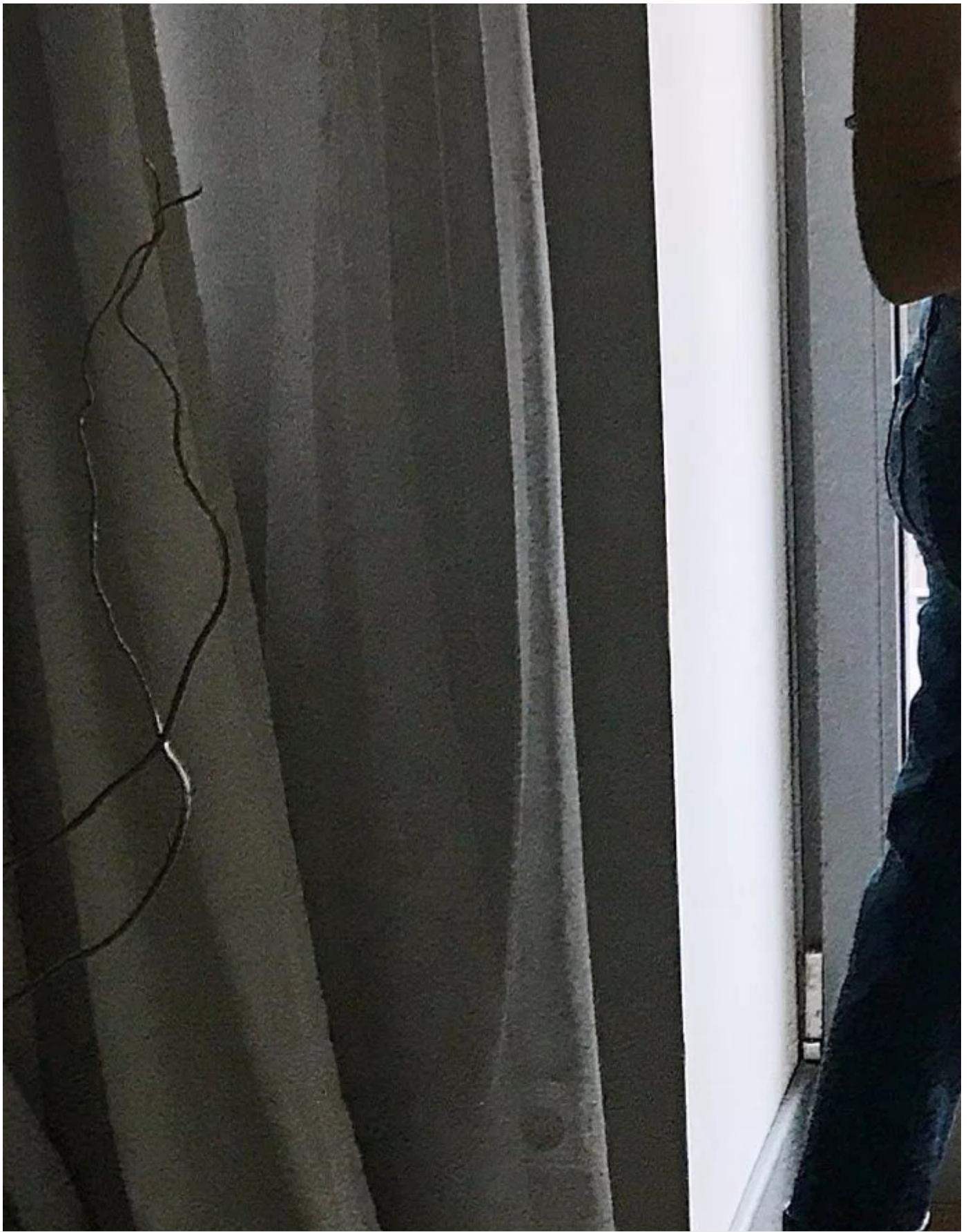
“You are the only person who gets to decide if you are happy or not—do not put your happiness into the hands of other people. Do not make it contingent on their acceptance of you or their feelings for you. At the end of the day, it doesn’t matter if someone dislikes you or if someone doesn’t want to be with you. All that matters is that you are happy with the person you are becoming. All that matters is that you like yourself, that you are proud of what you are putting out into the world. You are in charge of your joy, of your worth. You get to be your own validation. Please don’t ever forget that.” — Bianca Sparacino

Excerpted from [***The Strength In Our Scars***](#) by Bianca Sparacino.

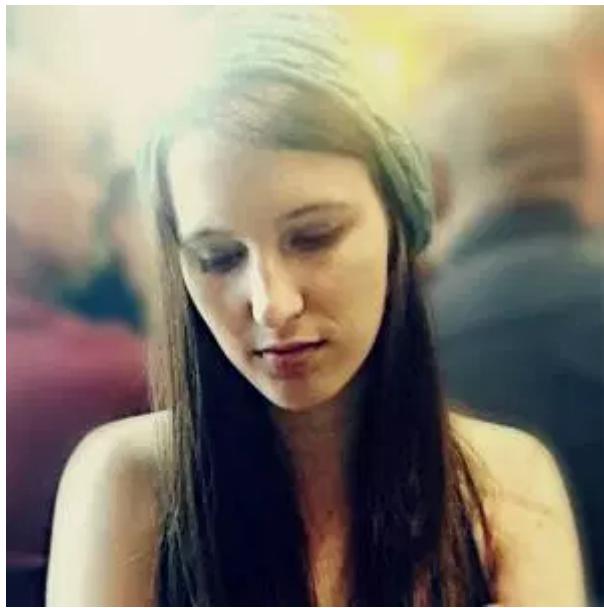
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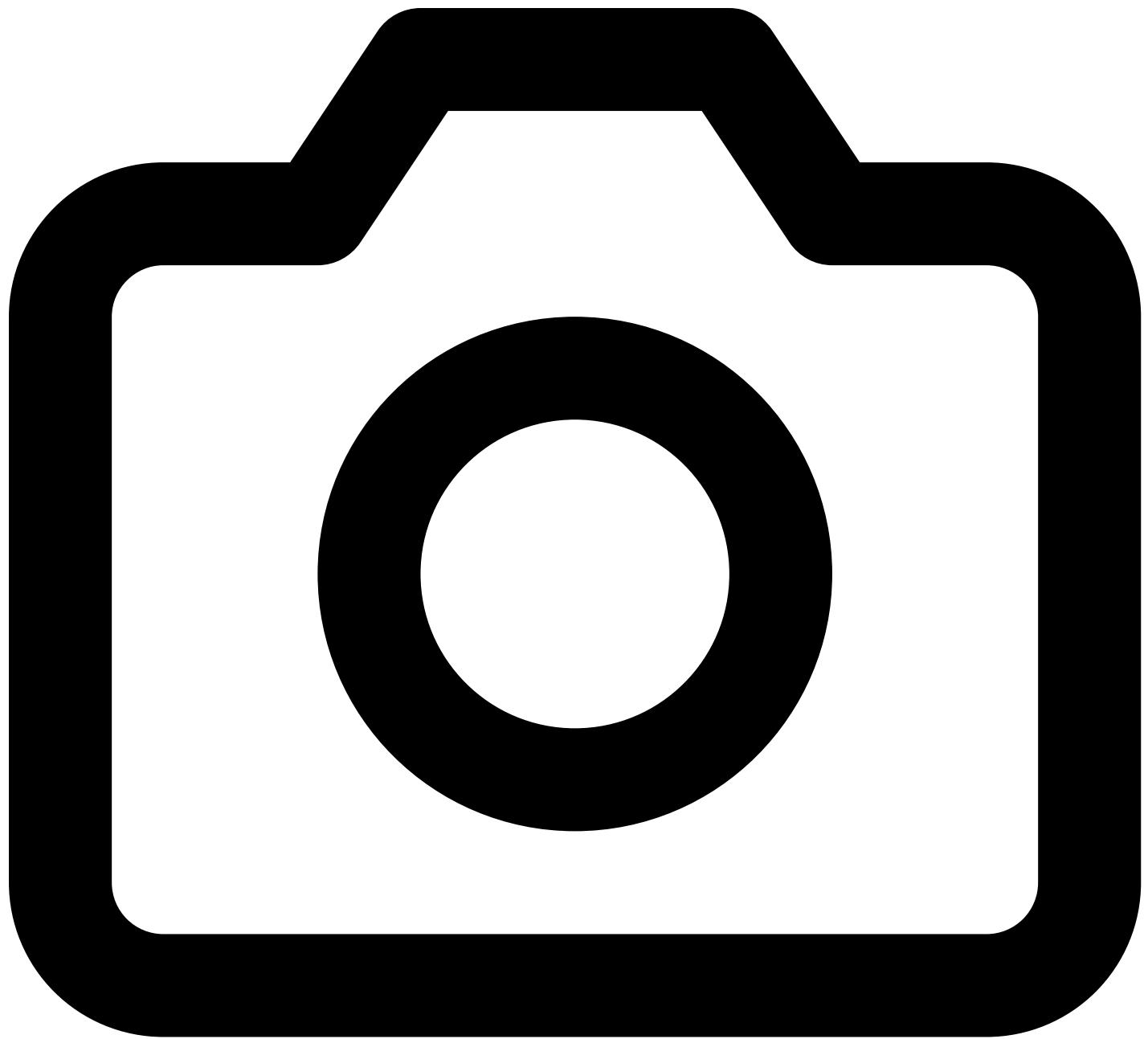


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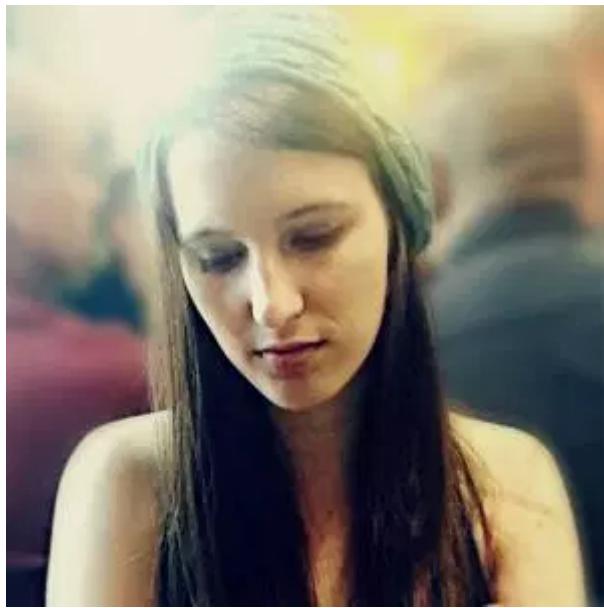
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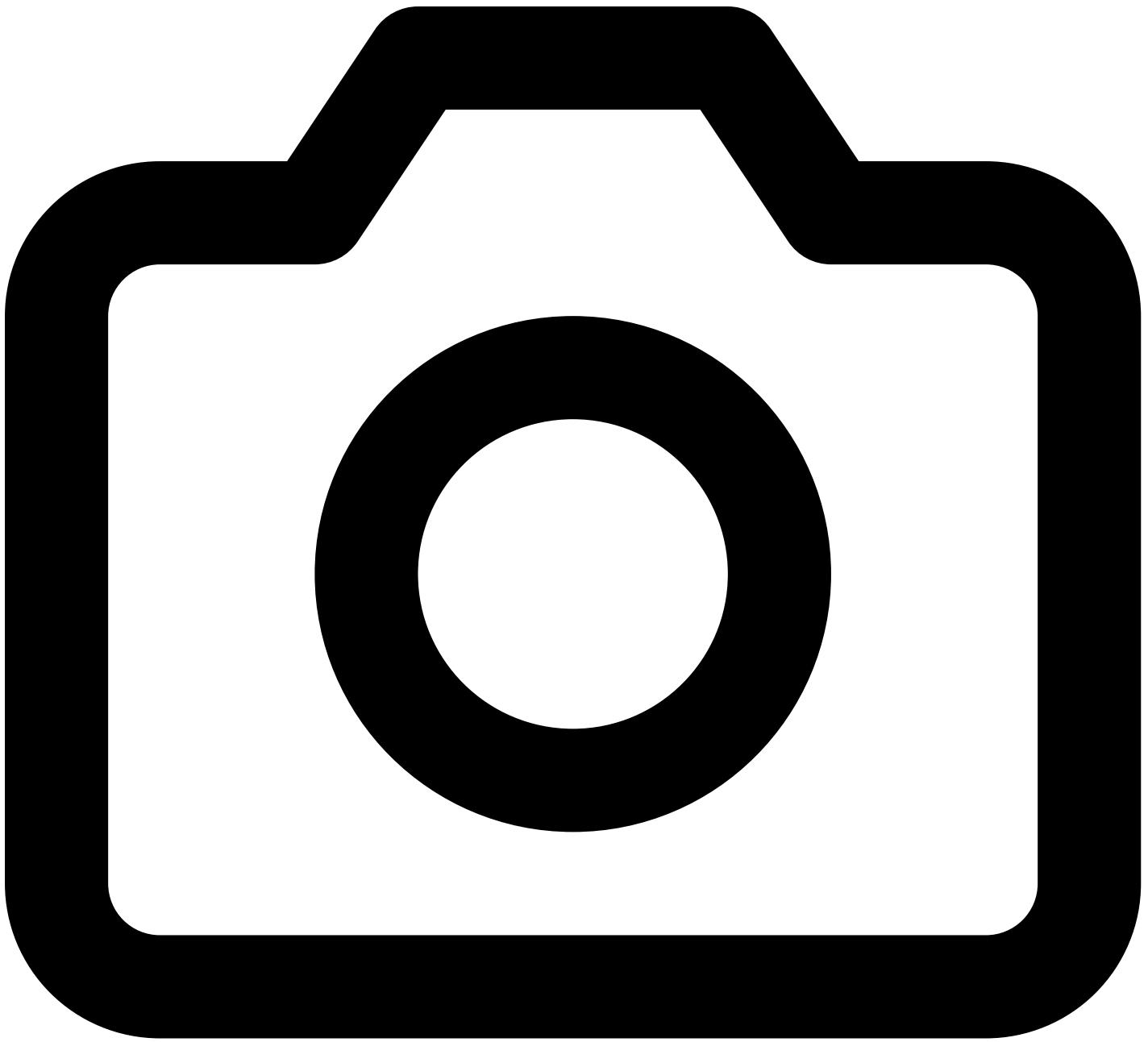
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By [Lacey Ramburger](#) Updated August 16, 2019





Daria Shevtsova

I know it can be hard to imagine a life without them. Ever since the moment your eyes locked, it's as if a brand new life began. It seemed as though every previous memory was wiped away whenever they smiled at you, and you knew right then and there you would never be the same person again.

You just didn't realize exactly what that meant.

You felt that chemistry right off the bat, and anyone who looked at the two of you could see there was something there. How could they not? No two people smile that wide, laugh that hard, or look at each other that way without an underlying tension being present. You knew that chemistry wasn't the only thing it would take to make it work, though. You knew that flirty banter and charming smiles could only move you so far.



more here. You spent your days gushing to your friends about how incredible this person was. You would fall asleep at night with them on your mind- or even by your side.

Yet now, something always seems to be slightly missing, doesn't it? The way they seem to bare their soul one moment, then completely shut you out the next. Or how they take the time to make you feel like you were the only person in the world, but then they go do the same thing with someone else. How you so desperately want to believe that this person truly wants to be with you in a real way, when the reality is this person is more concerned with wanting to be with you whenever it's convenient. You can feel it in your bones that while at times, they might seem to be the person you could spend forever with, they also always kept themselves just out of your reach. They stay close enough to keep you holding on, but just far away enough to make sure they can always have an excuse to go.

Listen, you need to realize that you deserve more than someone who will never fully be yours.

I know it can be tempting to hold on to them. When you're with them everything is perfect. It's exactly the thing you've been searching for, and you can't help but imagine how incredible it would be if this is the way things were all the time. You think if you just hold out a little longer then they'll start to see it, too. But you have to realize that this isn't the truth. These snapshots of moments are merely that- moments. They can make you feel incredible, and that's okay. But they don't show any type of real commitment to you. They only show part of a larger story.

Because yes, a person doesn't have to commit to you to have feelings for you. They don't have to stop seeing other people in order to send you sweet texts at night. Unless a person explicitly promises that they are committed to you, then they don't owe you anything. You know that. Yet it's also what makes the moments you're apart so devastating. Because despite how connected you may feel to them, you know in your heart they aren't wanting to be yours completely.

They might be able to spin all types of reasons as to why they're so distant- that they've had their heart broken before, that the timing isn't right, that they just aren't ready. They let you know that they care about you so much, but you can see that this only applies to when they're in the same room. They aren't afraid of being seen with you, but they also won't let you call them anything more than a casual partner.

They may have good intentions, babe. And maybe it's true that they just aren't ready- but that doesn't mean you have to sit around and take the small amount of themselves they are willing to give. Not when your heart is screaming for a real, complete kind of love.



to keep every option open due to fear of missing out, because they know that not being with you would truly be their biggest mistake. Someone who isn't afraid of the risk involved to make things happen with you.

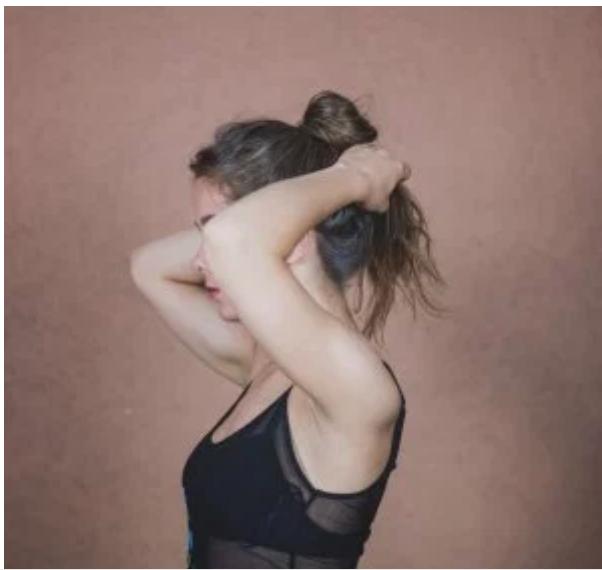
You deserve someone who fully wants to be yours, not someone who only wants you in pieces.

It's okay to wish the person you're so crazy about would love you in this way. It's not asking for too much. It's not unreasonable to want that kind of commitment. However, when they are showing you all the signs and frantically waving red flags left and right to show that this isn't what they want, then you need to let them go. Not because you don't have feelings anymore. Not because you suddenly stopped loving them. But because you started loving yourself more- enough to realize that your heart can only handle so much before it breaks.

As hard as it is, you have to let them go so that you can leave yourself open to the kind of love you're craving. You can't force a person to love you the way you want- they have to want it, too. So don't waste your time holding onto a hope that they will come around. You know deep down in your heart that they aren't going to.

You know that as incredible as you are, and as much love as you're willing to give- you deserve so much more.

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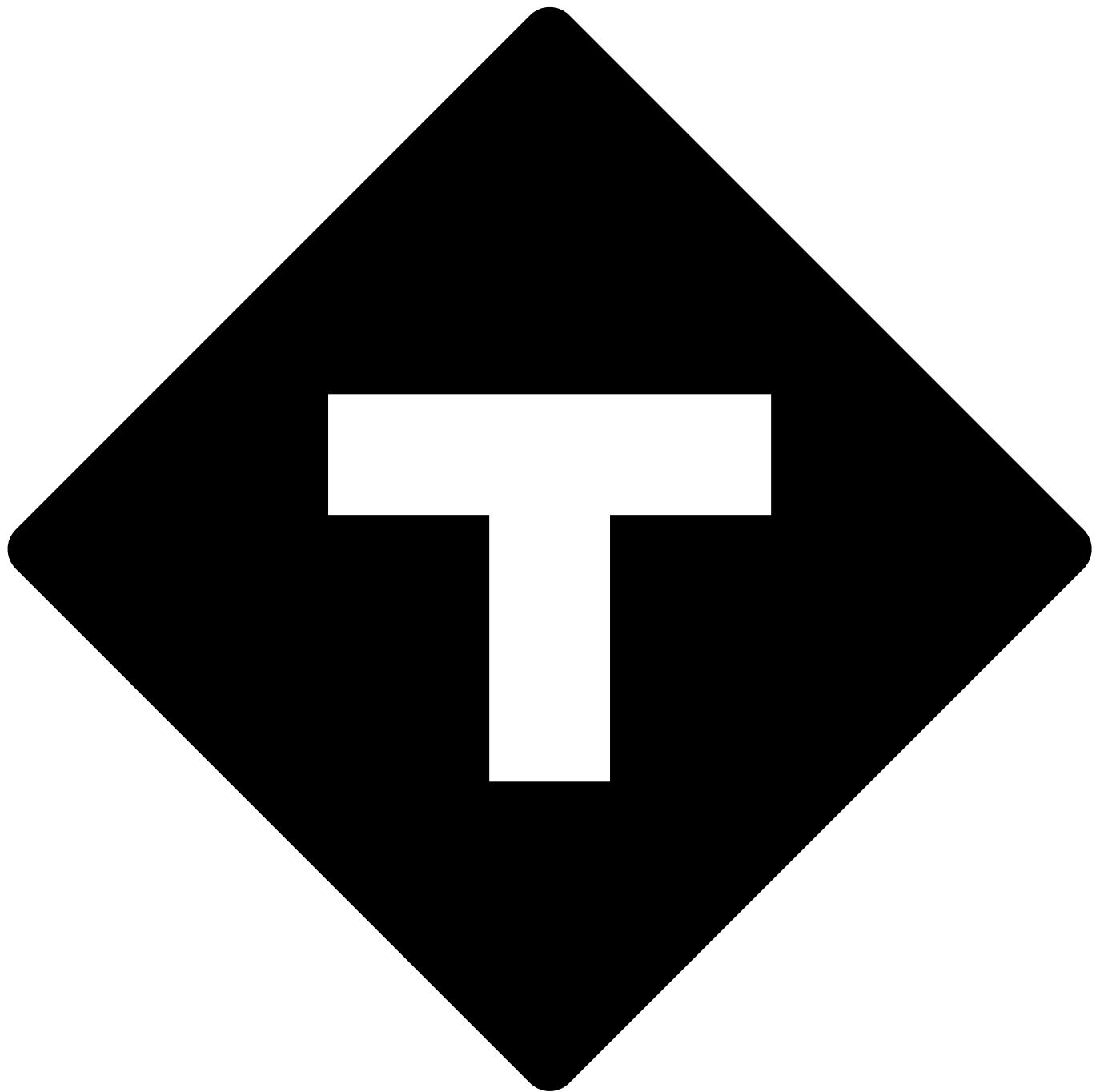




[21 People On How You Know You're In Love](#)

I am low key obsessed with Myers-Briggs more than is probably healthy. Follow Lacey on [Instagram](#) or read more articles from Lacey on [Thought Catalog](#).





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To love yourself should be no quiet affair, but a loud uprising.

“Never forget,
you are more powerful
than you are damaged
and you will rise
from any abyss
they drown you in.”

— Nikita Gill, *Your Heart Is The Sea*

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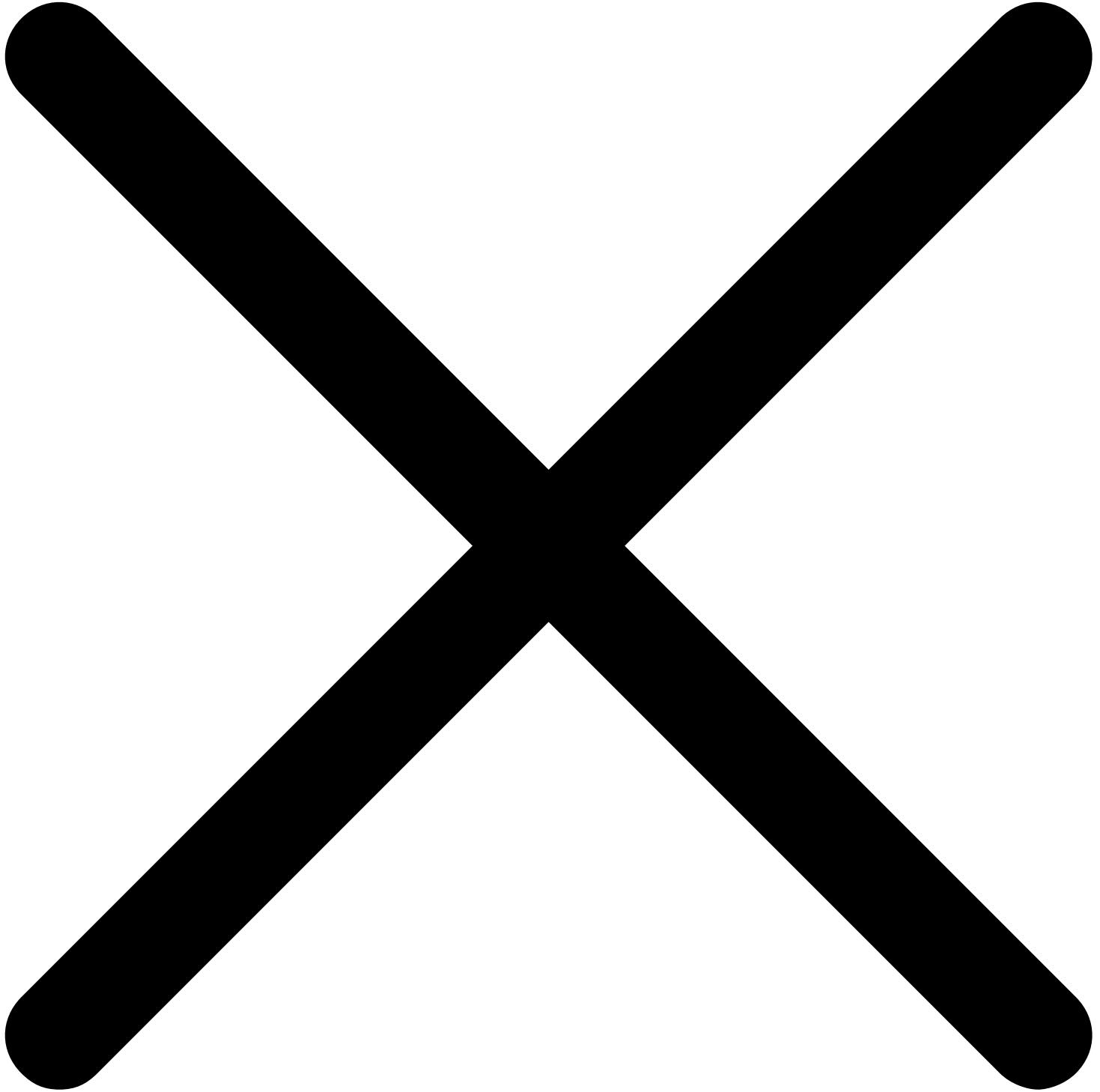




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