



When You Feel He Doesn't Love You Anymore

A heart-based support page for moms who feel lost in love

Breathe & Pause

You're here because something feels off. Maybe you're unsure if he still loves you — or maybe you already know. Either way, it hurts. That pain is valid. You are not alone.

What Are You Feeling Today?

- ☐ Hurt he doesn't seem to care
- ☐ Tired of being the only one trying
- ☐ Guilty, like it's your fault
- ☐ Fearful about the future
- ☐ Angry, confused, or numb
- ☐ All of the above

No feeling is wrong. They all matter.

Gentle Truths to Keep

- You are not unlovable because someone stopped loving you.
- You cannot save a relationship alone.
- Your peace matters more than a “perfect” marriage.
- You are still worthy. Still strong. Still healing.

What You Can Do Now

1. Reflect gently

- Is he emotionally present?
- Does he notice when you're hurting?
- Are you the only one trying?

2. Let go of blame

It's not all on you. You can't fix it alone.

3. Take space to think

You don't have to decide today. Just ask: Is this giving me peace?

4. Care for yourself

Eat a little. Drink water. Comb your hair.
Even small care is healing.

One Thought to Journal

“What would I tell my best friend if she felt this way?”

Write it. Then read it as if it's meant for you — because it is.

Final Note

If your husband doesn't love you the way you deserve,
that's not your failure — it's your clarity.
And clarity leads to healing.