

Love starved

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Published by The Sensual Institute

www.sensualinstitute.com

www.i-aware.com

First edition, 2025

Printed in Europe

ISBN: 978-91-531-4069-6

This is a work of creative nonfiction. The practices and insights offered are not intended as medical advice.

Always consult a qualified practitioner when addressing physical or mental health concerns.

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This book is a companion to the I AWAKE series
Your sensual hero's journey through 9 thresholds

Book 1 The Invisible Framework

Book 2 The Cost of Abandonment

Book 3 Wounds that Speak

Book 4 The Roots of Pleasure

Book 5 Meet your Mind

Book 6 Secrets of the Heart

Book 7 Come Together

Book 8 Pleasure as Practice

Book 9 Eros Reclaimed

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*This isn't a book about becoming more.
It's a book about becoming real.
The kind of real your body has been aching for.*

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Love starved
A sensual 7 day journal

Camilla Wellton

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You didn't come here to learn how to be more lovable.
You've tried that already.
Smiled when you were hurting.
Softened your voice.
Lowered your needs.
Made yourself easier to hold, even when what you needed
most was to be held. But somewhere along the way,
love became a currency.
Conditional.
Performative.
Scarce.

And your body felt it.
This journal isn't about fixing that.
It's about finally naming it.
Because being "love-starved" isn't a flaw.
It's a signal.
A map.

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A symptom of what was missing, and what you've learned to live without.

This 7-day journal is part of the I AWAKE series: a nine-part sensual hero's journey. Each book is a destination within you, following the same arc as all the great stories (the hero's journey). Except this time, you're the hero and your own life is where the plot unfolds.

The first three books explore the places that still ache and the ways you learned to protect yourself.

The middle ones help you rebuild connection with your body, your mind, and your heart.

The final three invite you to live from aliveness where pleasure is natural, creativity flows easily and your desire becomes the compass that shapes a life that turns you on.

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Book Two, the one this journal is drawn from, is called
The Cost of Abandonment.

It speaks to what happens when your longing had nowhere
to land. When love wasn't consistent enough to trust.
Or safe enough to stay.

It's about the chemicals you had to make yourself.
The way you turned hyper-independence into a personality.
The way your system learned to numb, hustle, or fawn just to
stay close.

But underneath all of that?
There's a hunger.

Not neediness. Not drama. Not weakness.
But a sacred, biological craving to be felt, fed, and safe in
closeness.

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This journal is your intimate companion that helps you name the ache.

To feel what your body has been whispering for years:
I want to be met.

No more pretending you don't care.
No more shrinking into roles.
No more rationing your needs like they're dangerous.

Just 7 days of honesty.
Of listening.
Of feeding the part of you that's been starving.

Let's begin.

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Before You Begin

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Before we begin, I want to tell you something important.
There's a place inside you that's always been listening.
Even when the world wasn't.
Even when the noise was too loud, or the silence too long.
Even when you didn't have words for what you were feeling.

That place inside you, quiet, instinctual, honest, is where we begin. But we don't start with logic.
We don't start by analyzing, fixing, or even understanding.

We start by entering a space that your nervous system already knows.
A space between memory and imagination.
A space where things become real the moment you feel them.

It's called the imaginal field. The term was coined by by French scholar Henry Corbin. While Corbin coined the

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term, his work is often discussed alongside that of C.G. Jung, who also emphasized the importance of imagination and the unconscious.

Entering the imaginal field is not the same as daydreaming.

It's not about escaping or pretending.

It's actually the opposite.

It's about letting your body feel what's real, in a way that's safe enough to soften, shift, and finally integrate.

Because the truth is, your nervous system doesn't separate "real" from "imagined" the way your thinking mind does.

Have you ever woken from a dream with your heart racing?
Or remembered a difficult moment so clearly it brought tears again, years later?

That's your body responding to felt experience, not facts.

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The imaginal field uses that same capacity not to re-traumatize, but to reconnect.

Here, you can try things you've never dared in waking life. Speak truths you've never voiced out loud.

Meet parts of yourself you didn't even know were missing. And your system gets to register those moments as real, because, in a somatic sense, they are.

That's why in the I AWAKE system, the imaginal field isn't just poetic. It's practical.

It's where healing happens, not just as an idea, but as an embodied shift. And it allows that shift to happen gently, on your own terms, in your own rhythm.

We don't rush. We don't perform.

We don't push through.

We listen. We imagine. We feel.

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And slowly your inner world begins to reorganize itself around a new kind of safety.

The kind that comes from presence, not performance.

So as you begin this seven-day journey, I'm inviting you to soften the edges of what you think is "real."

To let feeling be enough.

To let symbol, sensation, and soul sit at the same table for a while.

There's a reason the mind sometimes resists this.

Because here, in the imaginal field, we stop running.

We stop explaining.

We stop trying to be impressive.

And we begin something else entirely.

Something ancient.

Something sacred.

Something real.

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You don't have to know how this works.

You don't have to "believe" in anything.

You only have to let your breath slow.

And accept the invitation to enter your inner world from a softer angle not to fix, but to feel. Not to solve, but to see.

And that's where we're going at the end of these 7 days.

You'll be entering The Circle with me and from there straight into your imaginal field.

I'm guiding you there with my voice.

You'll find the QR code to access the recording (as well as all the audioguided body checks in this journal) at the end of this book.

Let's begin.

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Day one

The ache
beneath

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Some aches don't scream. They settle. They hum under the surface. They become part of how you move.

The kind of ache that makes you brace a little when you walk into a room. That tightens your chest when someone comes too close.

This kind of ache often doesn't come from drama.

It comes from absence.

From not being met, again and again, in quiet ways that no one else saw.

Maybe no one yelled. Maybe nothing "bad" happened.

But the comfort you needed didn't come when you needed it most. Not consistently. Not safely.

So your body adjusted.

It learned how to manage without enough.

It learned to reach less, ask less, feel less.

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It learned to scan for cues, hold tension, and stay productive because at least that was rewarded.

This is what emotional neglect does. It doesn't show up like a wound. It shows up like a pattern.

You get praised for being strong.

For being low-maintenance.

For not needing much.

But underneath, there's a hollow.

And that hollow isn't weakness. It's a nervous system that never got to settle.

It's the result of having to produce your own sense of safety, connection, and calm because there was no one reliably doing it with you.

But my sweet darling, your body was never meant to regulate alone. It was designed for co-regulation.

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For breath that syncs with another's.

For touch that calms instead of startles.

For presence that stays.

When that doesn't happen enough in early life, it changes you. Not because you're broken. Because you're adaptive.

You learn to self-soothe in ways that cost you.

You go numb. You perform connection instead of feeling it.

You call it independence, but something deeper still longs to be received.

That's the ache.

It might not be loud, but it's always there.

And when someone finally shows up with real presence, you might not know what to do with it.

Because your body never learned how to trust it would stay.

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This day isn't about fixing that. It's about naming it.
It's about noticing the places in you that got left behind
without needing to justify why.

It's about letting the ache be real so it can stop running your
life in the background. You don't have to figure anything out
today. But you can be honest.

You can tell the truth your nervous system already knows:
You needed more.
And you still do.
Let that be okay.
Let it be sacred.

Let this be the first day you don't shrink around your hunger.

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Where in your life have you been most praised for needing nothing and what did it cost you?

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What kind of love did your body learn to stop expecting,
even though a part of you still waits for it?

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What signs of emotional hunger have you learned to hide
because no one knew how to meet them?

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If your ache had a voice today, what would it want you to know?

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Body Check

Before you begin, scan the QR code at the back of the book and follow the instructions to access the audio.

Find somewhere quiet. Somewhere you can let your body rest. You'll want about thirty minutes without interruption.

This first Body Check isn't about chasing pleasure or fixing loneliness.

It's about meeting the ache honestly.

You'll be invited to name the closeness you've been missing, to speak a few words that belong to that part of you, and to notice what happens in your body when you do.

What does truth feel like when it's tender?

When you say it out loud instead of holding it in?

Where does it live in you?

Your chest, your throat, your belly?

This is the beginning of re-establishing contact with the part of you that still wants to be met.

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Not through effort, but through presence.

When the audio ends, stay for a moment.

Don't rush away.

Let your breath settle.

Feel your own warmth beneath your hand.

Then, on the next page, write down what stood out to you.

Any sensations, shifts, or emotions that linger.

Writing it down helps your body register what just happened.

It tells your system: I felt this. It mattered.

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