

Already WHOLE.



HOW TO BEGIN A RELATIONSHIP
WITH A MAN WITHOUT
LOSING YOURSELF



LOVE DEEPLY.
STAY TRUE.
CHOOSE YOU.
ALWAYS.

ULIANA SUNNY

PSYCHOLOGY & PERSONAL GROWTH

18+

Uliana Sunny
Ульяна Солнечная
Already WHOLE. How to
Begin a Relationship with a
Man Without Losing Yourself

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Аннотация

When a woman puts the dream of “getting married” above everything else, she forgets that our life is limited. We have active years when our hormones are working, our energy is high. And to spend those years servicing everyday life, or in relationships where you are simply losing time — that’s one of the worst things you can do. The only thing worse is killing time with TV series and meaningless short videos in search of quick dopamine, creating nothing. Don’t fall into fear. Work through it. Life should play in a full spectrum. Don’t be afraid of other women — find your own people: psychologically healthy women you can be friends with, travel with, build a circle with. For that, you don’t have to center your life around men.

And then, at the moment when you don’t actually need a man to “fill” the areas of your life — when you already have money, friends,

work, travel — that's often when he appears. God gives you a partner when he will not become your only meaning or your escape from ...

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Uliana Sunny
Already WHOLE. How to
Begin a Relationship with a
Man Without Losing Yourself**

Address

Dear women,

You are no longer searching for confirmation of your worth. You already know who you are. Within you, strength, sensitivity, and clarity are united. You create because it is your nature. You inspire through your presence. Your influence does not require proof, because it is felt in the way you live, the way you choose, the way you remain yourself in different circumstances.

Your emotional depth is not a vulnerability – it is a source of strength. You know how to feel without losing yourself in your feelings. To support your loved ones without sacrificing yourself. To be engaged with the world without dissolving in it. This is exactly what makes you a point of stability for yourself and for others.

You are multifaceted, yet you no longer need to hold everything together. You know how to find balance because you listen to yourself. Where there was once conflict, there is now

harmony. Where you once had to choose between yourself and others, there is now space for both.

You create warmth and comfort that naturally arise in your presence. It is a natural extension of your wholeness.

Remember: your value does not require effort. It does not depend on recognition, relationships, or external success. It lies in the simple fact that you are.

Be attentive to yourself. Protect the inner harmony you have already found. And if you choose love, let it not be a confirmation of your strength, but its calm continuation.

You are already WHOLE. And that is precisely why you are capable of transforming the space around you.

With love and acceptance,

Uliana Sunny

Annotation

Do you remember that feeling when you finally gather yourself into wholeness? When the noise of other people's expectations fades, and in the silence your own voice begins to be heard. You find support within yourself. You learn to love yourself not for something, but simply because you are. This path, described in my first book "Whole: From Losing Yourself to Loving Yourself," is the foundation.

But life goes on. And at a new turn, a much subtler question arises than the search for yourself. What do you do with this newfound wholeness when He appears in your space? How do

you avoid, out of old habit, giving him pieces of your soul just to keep the warmth? How do you prevent even beautiful relationships from quietly narrowing the horizons of your world?

This book is written for that moment when you already love yourself and are open to something new – developing yourself, working on your awareness and mindset. New opportunities are opening up in your life, and you are meeting interesting people. You are surrounded by the many facets of life and are capable of choosing yourself. And now your task is to learn to see a relationship as a union. You are already whole. And if a man appears in your life, it is only because your life with him becomes deeper, brighter, and more expansive.

He does not come to fill a void, because there is no void anymore. He comes to share fullness with you.

You know who you are. You know how to hear yourself, to distinguish your feelings, and to choose what resonates with your heart. And therefore, only someone who respects your inner foundation can stand beside you.

A union is a space where two mature adults look in the same direction while preserving their uniqueness. It is when you can be different – strong and soft, inspired and tired, serious and playful – and know that you are accepted completely. You no longer settle for less. Not because you have become demanding, but because you have become honest with yourself. You choose relationships where there is growth, support, dialogue, and respect for boundaries. Where you can speak about your feelings

without fear of being misunderstood. Where conflicts are not a reason to destroy, but an opportunity to grow closer. It is a union in which love is an action, care is a conscious choice, and loyalty is a natural continuation of inner wholeness.

You are already whole. And therefore now you know how to be together – without losing yourself. And this is where mature love begins.

This book is for you if you:



Have walked the path back to yourself and know the value of your self-worth.



Are tired of games, manipulation, and scenarios where love is measured by suffering.



Are ready not to settle for the first available warmth, but to consciously choose what truly resonates with your inner world.

We will talk about what truly matters:



How to recognize maturity – both in him and in your own feelings.



How to hear the real signals of your body and psyche, which

never deceive you.



How to choose a person for who he is, not for distant potential.



How to understand once and for all: a man is not the solution to your life, but a possible companion in it – a life already full and established.

The book “Already WHOLE. How to Begin a Relationship with a Man Without Losing Yourself” is for the woman who has already learned how to save herself. For the one who knows the taste of losing herself and the price of returning. I write about this in my first book, “Whole: From Losing Yourself to Loving Yourself.” And now, standing on this new shore, you ask: how do you let another destiny into your harmonious life without destroying its delicate balance?

The book “Already WHOLE. How to Begin a Relationship with a Man Without Losing Yourself” does not promise that it will be easy. But it offers the most important thing – an unshakable support within yourself. Perhaps after reading it, you will choose to remain single, and that will be a choice in favor of honesty and freedom. Perhaps you will choose to be with a man, and that decision will be guided not by the fear of loneliness, but by love and deep inner alignment. And in that lies your true, quiet, and unconditional victory.

Enjoy reading the book! I encourage you to write down meaningful insights from it in your notes..

Principles of a Whole Woman

A woman's wholeness is a state of inner stability in which different parts of her personality are not at war with each other. Her desires, feelings, values, and boundaries are aligned, and her self-esteem is grounded not only in external approval but also in her own sense of worth. In this state, a woman is less likely to act from deficiency – from the fear of being abandoned.

As long as there is an inner sense of emptiness or lack, choice is often illusory. Decisions are driven not by freedom but by necessity: to hold on to a relationship at any cost, to prove one's significance, to earn love. In such cases, the psyche operates in survival mode, and the options narrow down to one – the one that promises to reduce anxiety here and now.

Wholeness gives the ability to tolerate loneliness, uncertainty, and other people's dissatisfaction. And this is precisely what makes real choice possible. Where there is inner stability, space appears for decisions in which a woman does not lose herself, but instead affirms her right to be the author of her own life.

What does it mean “to be whole” from a psychological perspective?

It is a state in which a person:

Fully accepts herself: she recognizes and integrates into her self-image not only her strengths but also her vulnerabilities, “shadow” parts, and past experiences – without total self-

condemnation.

Has a stable system of values and boundaries: her decisions arise from an inner compass (“What truly matters to me?”), rather than from momentary emotions or external pressure.

Possesses emotional regulation skills: she can tolerate anxiety, loneliness, and uncertainty without falling into panic or making impulsive decisions just to escape these feelings.

Does not delegate responsibility for her self-worth, happiness, or safety to another person: she is not looking for a “better half” to complete her, but seeks a partnership between two self-sufficient individuals.

It is this wholeness that determines the inner source from which her choices are born.

How Do You Come to Wholeness?

It is a path. Its key stages include:

Self-discovery and acceptance: Exploring your motives, traumas, and patterns (often with the help of psychotherapy). Learning to be with your feelings without running away from them.

Building an inner foundation: Developing an inner dialogue with yourself, practicing self-compassion, and finding internal resources and sources of support (hobbies, creativity, nature,

spiritual practices).

Integration into daily life: Learning to make small, conscious choices every day (declining an unwanted meeting, expressing your opinion, taking care of yourself) and practicing this consistently.

Ultimately, to be “whole” means to stop searching outside for what can only be found within: self-worth, inner support, and meaning. Such choice is a free, responsible, and alive action that comes from the center of your own “Self.” It is a choice made from fullness and clarity. In relationships, this often leads to healthier, deeper, and more stable connections.

One of the main mistakes is expecting wholeness to be a stable, permanently achieved state. In reality, the psyche does not work that way. Wholeness is the ability to endure, to notice vulnerability, and not to lose yourself even when something inside feels shaken.

When a woman becomes more whole, life does not become easier. It becomes more interesting. Familiar supports disappear: dramatic relationships, rescuing others, dependence on external validation. And this can be frightening. A sense of threat may arise because the old ways of filling the void no longer work.

Let’s explore what may happen next – and how to live without betraying yourself.

What Can Threaten Wholeness?

The illusion of “I no longer need anyone.” Sometimes

wholeness is confused with emotional armor.

Loneliness as the price of honesty. When you stop settling for “almost,” the options действительно become fewer. For a while, there may be no one at all. This is a normal but painful stage, during which many give up and return to old patterns.

The temptation of regression. Meeting the “wrong” man often activates old wounds: the desire to be chosen, the fear of losing connection, the hope that “this time it will be different.” This means a living, vulnerable part has been touched – but wholeness itself has not disappeared.

The trap of hyper-control and emotional suppression. In striving to always choose “consciously,” you may begin suppressing natural human emotions: fear, sadness, anger from disappointment. Wholeness is the ability to experience these feelings without losing yourself.

Isolation and high expectations. After recognizing your boundaries and worth, you may unintentionally begin demanding the same level of awareness from everyone around you. This can lead to disappointment and loneliness. It is important to distinguish healthy boundaries from the wall you might be building yourself.

Fear of “losing what you’ve gained.” The state itself becomes so valuable that anxiety about losing it arises. Paradoxically, this anxiety can undermine confidence, especially in new relationships.

Regression under stress. In times of intense stress (job loss, relationship breakup, illness, family crisis), the psyche naturally seeks support in old, childhood behavioral patterns. This is normal. It is a test of resilience.

How to Move Forward? Here Is Your Guiding Framework:

Create an “inner observer.” Develop the part of yourself that can notice your reactions from the outside, without judgment. “Interesting... am I agreeing right now out of fear or out of genuine desire?” This is a key skill for maintaining awareness.

Legalize the “setbacks.” Accept as a fact that there will be days when you feel vulnerable, like a “little girl,” or act from old pain. Instead of self-criticism (“I’ve lost all my progress!”), ask yourself: “What is happening right now? Which part of me needs care?”

Reconsider the idea of the “wrong man.” From the perspective of wholeness, “the wrong one” is not necessarily toxic or bad. He is a man who resonates with a wound in you that has not yet fully healed. Instead of asking, “How do I avoid him?” ask: “What in me responds to this behavior? What old story of mine

is being replayed?” He is your teacher, showing you where you can become even stronger.

Build a system of external support.

-A supportive circle: People (friends, a therapist, a group) with whom you can be yourself without playing the role of the “successful one.”

-Rituals and practices: Ten minutes alone with yourself each day, meditation, journaling, time in nature, sports – anything that brings you back into your body and into the present moment.

-Honest self-dialogue: Regularly ask yourself: “What am I feeling? What do I truly want? Am I ignoring my intuitive signals?”

What to Do If You Feel Your State Shifting?

If you feel yourself “drifting,” panicking, or acting from an old pattern, use this algorithm:

Stop. Physically interrupt the action. Go into another room, wash your face, take 10 deep breaths. Break the automatic reaction.

Name what you feel. Say it to yourself or out loud: “I feel anxious. I’m overwhelmed by the fear of loneliness. I’m angry.” Naming an emotion reduces its intensity and restores a sense of

control.

Offer yourself care. Place your hand on your heart or hug yourself. Speak as you would to your best friend: “Yes, this is painful and scary. It’s normal to react this way. I’m here with you. What do I need right now?”

Return to your body. Find a physical “anchor”: feel your feet on the floor, touch your hands and fingers, lean your back against a wall, slowly drink some water. This brings you back from the past (memories) or the future (catastrophic projections) into the present moment.

After the wave passes, ask yourself: “What choice right now would be an act of self-respect? What truly matters to me in the long term?” The answer may not come immediately. Give yourself time.

When you are whole, you stop looking to a partner as the source of your worth or happiness. Instead, you look for someone whose values and integrity resonate with yours. Relationships become not a way to “fill yourself up,” but a space where two whole individuals can share their fullness, grow, and support one another – without losing themselves.

How Not to Betray Yourself When the “Wrong” Man Appears
It is important to learn to distinguish between:



attraction and shared values



chemistry and safety



the desire to be near someone and the readiness to be in true contact

If, around a man, you find yourself shrinking, justifying him, dismissing your own feelings, rushing events, or feeling afraid to ask direct questions – this is normal. It simply shows where an old dynamic is being activated.

If you feel that your wholeness has been broken?

Wholeness does not disappear because of one choice, nor does it collapse because of one “wrong” person. More often, it begins to crumble through almost imperceptible compromises with yourself. It starts breaking at the moment a woman loses contact with herself. Wholeness cracks where inner bargaining appears:

“I feel bad, but maybe I’m just too sensitive.”

“It doesn’t suit me, but what if I’m mistaken?”

“I feel this isn’t right for me, but I’ll tolerate it for now.”

In truth, the destruction happens not because of another person, but because of the refusal to trust yourself.

When your own sensations stop being a source of truth and become an inconvenience.

When a woman chooses to preserve connection at the cost of losing herself.

Wholeness begins to break when:

- boundaries are violated and this is labeled “flexibility”;

- loneliness feels more frightening than incompatibility;

- another person’s attention becomes more important than inner alignment;

- a woman starts to shrink and adapt herself in order not to lose the bond.

This happens especially subtly at the beginning of relationships, where there is a lot of attraction but little clarity. It is easy to confuse chemistry with intimacy and anxiety with love. The psyche then chooses what is familiar – not safety, but intensity.

It is important to understand that the loss of wholeness does not equal weakness. It is a return to old survival strategies. The psyche always chooses what once helped you not to be alone, not to be rejected, not to lose connection.

But the moment of collapse can almost always be recognized

by one sign: A woman stops asking herself, “How do I feel here?” and begins asking, “What do I need to do so I won’t be lost?”

If you notice this moment, your wholeness is not yet gone. It is not in perfect decisions, but in the ability to pause, acknowledge the truth, and choose yourself again – even if it hurts, even if it means letting go.

What About Love?

Love is not a cure. It does not heal – it reveals.

Love is a clear, bright light pouring into a space that already exists. It does not make us whole. With uncompromising clarity, it shows how whole we are – or how divided we are within ourselves. It amplifies what is already there.

If quiet anxiety lives in your soul, under love’s light it will become a deafening echo filling every corner of the relationship.

If a firm and warm inner foundation has been built, love will make it even stronger – turning it into a foundation upon which a shared future can be built without fear of collapse.

A whole woman allows herself the luxury of feeling without fear. Yes, she may feel dizzy with attraction, burn with passion, ache with longing. But she never hands over her life, her territory, her principles to these forces. Like an experienced captain, she allows feelings to fill the sails, but her hands remain firmly on the helm of reality.

Because “I feel good next to him” is a state of the heart, while “This is a person I can build a life with” is a decision of the mind – supported by observation, respect, and shared values. Not

everyone who makes your heart beat faster deserves the key to your inner world.

She does not compete. The very idea of fighting for attention, for choice, for the fragile status of being “the main one” is foreign to her nature. If you are forced to prove your worth or your right to be by his side – it is already not your place.

Love begins where you can simply be. Without effort, without performance, without constant confirmation of your right to exist in his life. In her reality, a man is not the sun around which everything revolves. He is a partner. An equal traveler.

A whole woman knows the sacred boundary of her “I.” Therefore she:



Does not dissolve into “we,” losing the outline of herself.



Does not endlessly adapt, erasing her colors to create the illusion of one canvas.



Does not dim her light, her scale, her dreams, so as not to blind or intimidate.

A union of two whole individuals is possible only when both “I’s” do not disappear, but in meeting create something new – a third space, the space of “We,” where each arrives full and free.

And finally, the highest act of self-love is the courage to leave

on time. Not every union is meant to last forever. Sometimes its purpose is to be a lesson, a joy for a season, but not for a lifetime.

Maturity is sometimes the ability to leave without war. Without scandals, without squeezing out the last drops, without the need for revenge or proof. A whole woman does not leave because she was rejected or not chosen. She leaves because she no longer chooses this path, this relationship, this person.

Her departure is a quiet, confident decision to place a period where love for herself no longer resonates with life beside him.

This is the final and main principle: loyalty to yourself is greater than the fear of being alone.

Because she is already whole. Alone – and in love.

My Life Narratives

My Foundation: How I Care for My Mental and Physical Health

For me, health is an inner resource and the energy to live a full life. I realized long ago that the key to everything lies in the harmony between mental and physical well-being – and the main “conductor” of this harmony is the nervous system. Here is what I have learned and the principles I have set for myself.

What do I know?

A woman’s nervous system is a finely tuned instrument, sensitive to everything: to her cycle, to stress, to nutrition, and even to unspoken words. If it is out of balance, it affects everything – from the quality of sleep to the ability to enjoy small moments, from immunity to the condition of the skin. There are no separate “nerve problems” and separate “health problems.” It is all one whole.

My principles. How I practice this:

I listen to my body – it is wiser than the mind. I am learning to recognize its signals. If I feel tired, it is my body asking for a pause. Irritation is often a sign of overload. I do not try to be a hero or wait until complete exhaustion. A short walk, reading, 20 minutes of silence, a cup of my favorite coffee, sleep, a massage, a bath – these are my first-aid tools.

I breathe deeply and consciously. This is my main life hack for instantly stabilizing my nervous system. When I feel anxiety or rush building up, I simply pause and take a deep belly breath, followed by a slow exhale longer than the inhale. This sends a signal to my brain: “You are safe. You can relax.” It works anytime, anywhere.

Movement as meditation. I do not exhaust myself with workouts for the sake of a number on the scale. I choose movement that brings joy and gratitude to my body: stretching, cardio, swimming, long walks in nature. This releases muscle tension (which is always present under stress) and clears my mind.

Digital detox. For mental health to stay balanced, mental clutter must be reduced. Every day we scroll through news and social media, so it is important to create an “information vacuum”: no news, no social media, no heavy conversations before bed. This helps the nervous system gently prepare for sleep. I practice this daily for several hours.

Nutrition is vital – and cannot be ignored. I look at food not in terms of calories, but in terms of: “Does this nourish my cells and my nerves?” Do I have enough protein to build hormones, healthy fats for my brain, complex carbohydrates for energy? A glass of water in the morning is my first step toward mental clarity.

I do not follow strict diets – they are stressful in themselves. If I overeat (which happens to all of us, especially during certain days of the cycle), I do not scold myself. A long walk afterward helps reduce stress.

Here I will also mention supplements. I have had chronic anemia since childhood, so I take iron in cycles and monitor my blood tests. I also add magnesium, coenzyme Q10, omega-3, and folic acid. You should have your own personalized list of vitamins and take them consistently.

I respect my cycles. The female body lives in rhythms. Some days bring more energy; others call for solitude and quiet work. I do not criticize myself for being less productive during certain phases of my cycle. I try to plan my workload in alignment with it, not against it. This is the highest level of self-care.

I create a safe space. This includes my environment (I minimize contact with toxic people), my home (order and coziness calm the nervous system), and my personal boundaries. The ability to say “no” without guilt is the best medicine for the nervous system.

What is the bottom line?

Taking care of your health means being your own best friend, not a strict supervisor. It is about making small daily choices in favor of balance. When I care for my nervous system, I invest in my future: a clear mind, resilience to stress, energy to bring ideas to life, and simply the ability to feel happy here and now.

This is my foundation.

How Did I Meet Him?

At 18, I started dating my first boyfriend. Five years later, we broke up. I wrote about that chapter in detail in my first book. Then I moved to the capital. A long period of working on myself followed. Then came new experiences – a second serious relationship that lasted five years, and a third that also lasted five years. Each of them gave me experience and knowledge. Each of them changed me for the better. I respected every one of those relationships.

Then came 2025. I was 36 years old. I had ended a relationship and continued living my life – making plans, not searching for anyone, growing, traveling. My state was whole.

I was thirty-six – an age when you already understand a lot about yourself, about men, about relationships, and about what no longer works. By that time, I was in a state of inner completeness. Not in the sense of having no desires or no need for love, but in the sense of being grounded in myself. I was no longer waiting for a man to come and make me happy. My happiness already existed – and it was into that space that I could invite someone.

Then he appeared in my life.

We met very simply, in a restaurant. It was an ordinary conversation, yet there was an immediate sense of ease. He felt like my person, and that was almost instantly recognizable. In the way he spoke, the way he listened, the way he didn't rush to

impress. Later, we went for a walk and talked for a long time. The conversation required no effort. I didn't have to be more interesting than I was, and I didn't have to prove anything.

It's important to say that at the very beginning, I did not see him as a man for a relationship. There was no inner tension, no urge to quickly define the status or figure out where it was leading. I allowed myself simply to be in the moment and observe how life was unfolding. It was a new state for me – very calm and honest.

Gradually, we began going on dates. Everything unfolded naturally, without emotional swings or drama. He knew how to surprise me – not with grand gestures, but with attention to detail. He cared not because he felt he should, but because it genuinely mattered to him. The gifts he gave were not a way to impress me, but a continuation of his attitude toward me. I felt safe, calm, and secure beside him – and that sense of calm turned out to be the most valuable thing for me.

I was already a whole woman, and that is precisely why I could truly see him. Not through expectations, not through fear of loneliness, not through the desire to be chosen at any cost. I simply allowed myself to feel what it was like to be next to this man. And at some point, a clear understanding came: I love him. Without doubt and without the need to explain it to myself logically.

I will say honestly – I had a choice. When a woman is in contact with herself, when she is not clinging or seeking support

outside of herself, choice appears naturally. Men sense this state. But out of all the possible options, I chose him. Not because he was the only one, but because next to him I could remain myself. I didn't have to adapt, shrink, or sacrifice my boundaries. These relationships did not take my life away – they became its continuation.

So... I am already WHOLE. What can I share based on my experience? Read on

Do you know why men often leave their amazing, reliable, motivating wives for very young mistresses? Because a wife – especially one who has been with him for a long time – knows him inside out. With her, he won't be able to play the role of some alpha male. If she knows that he constantly needs to be pulled out of situations and that, overall, he lacks strength of character.

But with a young girl... his so-called charm still works. In a woman's body, hormones are released when that euphoric feeling of falling in love appears. Nature designed it this way: we fall in love to continue the species. And when someone is just starting to date, a woman tends to fill in the blanks. She imagines him to be better than he really is.

A man can impress her with three jokes that his wife already knows by heart. Or with simple gestures of attention. But to impress his wife – he has to put in effort: learn, grow, develop, strive. And for that, she might simply say, "Well done." Mostly.

But a mistress... he can impress her with just a bouquet. Especially an eighteen-year-old. Buy her flowers, treat her to

coffee or a glass of wine – and she says, “Oh my God, I’ve hit the jackpot! I’m so lucky! Of course we met for a reason!”

And the man thinks, “Oh, great! Look at the response I’m getting!”

That feeds his ego. Not his character, not his spirit – his ego. It’s a test. Life tests him: will you choose ego, or will you choose growth?

With a wife – it’s growth.

With a new girl who claps her hands and gets excited because you ordered her a cheesecake – it’s ego.

If a man ever tells you that he is not obligated to take responsibility for you, simply ask him: “What does love mean to you? How should I love you? For what, or how is it expressed?”

Ask him, “Why do you love me?”

Because a man can clearly describe it:

“I love you because you are gentle, affectionate, beautiful, smart, charming, you take care of the home, you give me children, you’re cheerful.” And so on.

Then say: “Okay, now let’s list why I love you. I love you because you are caring, responsible (and that includes financial responsibility, too).”

So men shouldn’t be offended. They are not paintings meant only to be admired. A man is not simply an emotional outlet who comes home to endlessly soothe you. He is not there just to absorb your exhaustion with the children and say, “I didn’t bring money today, but I’ll just listen to you.” There are no men

who will endlessly tolerate and listen without limit – that’s what friends are for. A man is the material support of the family, and a woman is its emotional foundation.

How can you quickly understand what kind of man is next to you?



If with him you behave like a carefree little girl (you can wear dresses, dress up, say “buy me flowers, please”), then next to you is a strong, powerful protector. A woman can relax.

Конец ознакомительного фрагмента.

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