



GIRLZ
JUST
WANNA
BE LOVED

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Dedicated to the keeper of my soul, my heart, my all.

‘Girlz Just Wanna Be Loved’ is a reflection of the experiences and journey of the author. All of the poems are about personal feelings throughout the journey of life and written by the author unless indicated otherwise. No names are mentioned in this book, except the first name of some poets who have gifted their work to me and are used with permission.

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Introduction . . .

This is your opportunity to be honest and true to yourself..

You will experience a journey of exploration and discover some of the ways the desire for intimacy can change your destiny. Some of the poems will speak straight to you – you may have been there before. Other words may be for your best friend or someone you know.

Whatever your life experience and background, this book will lead you to places that will help you discover more about yourself. If you are hurting - you do not hurt alone. If you are tough because life made you that way – perhaps you may discover that others use that defence as well. If you couldn't care less – that's okay too – I used to be just like you.

Whatever you are feeling, know that my purpose in writing this book is so you would know you are not alone in your journey. You can receive healing and live a life of self-respect, value and purpose.

One thing is certain – the questions asked and the journey presented on these pages will capture your attention and transform your world if you let them: for either a moment or a lifetime.

Sanctuary . . .

Imagine that you live in an amazing house...

Money is no object – you have everything in your house that you could ever possibly want. There are heaps of rooms and it's lots of fun to be there. Each room in your house has a different purpose.

For instance, the kitchen is a very busy place – hanging with family and eating together. Another room you might use often is the study – where hours spent on the computer are more likely to be by yourself. Yet another room is the living room. This is a great place to be – there are beanbags scattered about – this is the area you and your friends just hang out in and chill, listening to music and having fun.

Then there is your bedroom – it is magnificent...

It has huge double doors with golden handles. The minute you walk through the door you know that it is a place well-kept – a place of indulgence and opulence. A huge four-post bed seems small in this massive room – with sheer fabric draping over the top and down the posts. The bedspread (in your favourite colour) is silken and lush. This bedroom is the desire of every girl's heart.

Right throughout the room is everything you could ever wish for. A beautiful chaise lounge sits under the window that overlooks a lush green secluded garden. On the other side of the room is a walk-in-robe with enough clothes for every occasion. Your very own bathroom leads off near the robe. White porcelain tiles with gold furnishings make this bathroom fit for a princess.

This house is yours – but this bedroom is your safe place – your *sanctuary*. You have a sign on the door that says 'DO NOT DISTURB', because you don't let anyone in unless you invite them. It's your life – your house – your rules.

One day, **you decide to ask a boy into this special room.** He comes in and inquisitively takes a look around. He thinks it is pretty cool and starts touching a few things and scrunching up your bedspread. He does what he pleases. He spills something on the carpet. He casually says that he is sorry but it leaves a stain behind. After a while he's had enough and goes – but the memory and the stain of him remains.

Some time later, another boy enters your room. This one is a bit more careless than the last. He leaves his dirty footprints on your plush carpet – and makes a mess all over your chaise lounge. He drops his cigarette on your bedspread and now it is ruined. Then when he has satisfied his curiosity, he leaves – but the signs of him being there remain.

Again, a little while later, another boy comes in uninvited by climbing through your window. You decide to let him stay – he makes himself at home. After a while he gets angry with you, and starts smashing some of your precious things – taking whatever he feels like and treating you with no care. He throws all your clothes on the floor and kicks a hole in your wall. You tell him to leave – but it is too late to prevent the damage. There is no way to forget that he was there.

Now your special room – once beautiful, precious and only for you – is a complete mess. It is ruined. And without some serious assistance, it will never be the same again. As you sleep in your bed, it smells of those who came – both invited and uninvited. Everywhere you look you see the stains, the marks, the holes and the damage - reminders that won't go away.

You don't know how to fix it.

You wonder how it got to be the way it is now. You can't figure out how to make right what now seems so wrong...

The image of this house is like your life.

The bedroom represents the secret place of your own sexuality. It starts out pure and precious. Somewhere on the journey of life, it gets messed up.

In our quest for love, we like to think the relationships we have will last forever... we hope they will last forever. But in the years of our teens, it is rare that a relationship will last. And nothing can prepare us for the way that we will feel after the sex and the relationship is over.



Sometimes a relationship will hold special meaning for us for a season and it will be a memory of which we are proud. At other times, it will lose its sacredness as quickly as it began, and yet... *we cannot turn back the clock and regain virginity.*

Even if we play it safe and avoid having sex, any sexual encounter stirs our emotions.

It is going to leave a lasting impression on our lives. Every time we choose to give in to a guy and please his or our own cravings, we are creating a memory that will stay with us for the rest of our lives – we will leave stains, marks and permanent reminders on our special place.

Some of the memories will be good. Some of them will not. Most of them we will probably regret.

For most girls, long before you have sex, you will form an attitude towards it.

You will have impressions of sex that set you up with expectations, and you will have encounters with others that shape your ability to choose wisely.

When you understand the importance of your place of sanctuary – and know it as a place of beauty to begin with – it begins to make sense why it doesn't always feel good when you let guys in.

This book – just like your life – is yours.

Some secrets need revealing, like the ones that leave you feeling unsafe. Some secrets are deep in your heart – you may not even realise how tightly locked away they are. Take this opportunity to bring them to your awareness, so they no longer hold you bound.

I encourage you to communicate your own thoughts on the pages and reflect on what life and sex means to you. The choices you are making now have an effect on your destiny.

If you are stuck for words, there are a few ideas scattered about the pages to prompt you. Make this book yours and write down what is in your heart. Be real enough with yourself and express how you feel about life and your journey so far.

Each of us has had a different journey. As you read this book, make it yours. Write down your thoughts. Be real and honest with your feelings. Most of our feelings stay trapped inside. We push them aside as we attempt to deal with our everyday circumstances.

Take this opportunity to think about your life. Have you ever stopped to ask yourself where you are going?

Now is the time to reflect...

...to discover more about yourself... and perhaps even find your purpose and destiny.



About Liz Walker – Author

Based in Brisbane, Australia, Liz communicates with authority on sex and relationships to teenagers, young adults and parents alike.

Her passion is to impact, challenge and influence a generation of young women in the area of sexuality and relationships. She stirs hearts to question what the effects are on both emotion and soul when girls give themselves away sexually. Her hope is that young women may gain insight into their personal value and worth to discover who they were designed to be.

Liz brings leadership experience and counselling training, along with years of business experience gained from a successful partnership with her husband, Craig. Liz is a committed mother of three children – Rachel, Aaron and Amy, and has been married for 12 years.



Her life experience has contributed to the outstanding woman she is today. Her practical insight into the issues faced by teens and young adults is what sets her apart and brings a timely message of wisdom to the next generation.

If you would like to learn more, or engage Liz for school groups, youth meetings or your next conference, please visit www.LVLup.com.au