

*LEARNING TO LOVE
YOURSELF*

STEPS TO BEGIN YOUR HEALING
JOURNEY

SELF LOVE IS IT'S LEARNING TO
HAVE COMPASSION, GRACE AND
GENTLENESS FOR YOURSELF.

HERE'S HOW TO PRACTICE THIS:

- > When you notice a critical thought,
PAUSE!
- > Take a step back to tune into your body
- > Notice tension or sensations in your
body (Just notice it, don't judge it or try
to change it)
- > Take a deep breath in, and out
- > Relax the muscles of your body
- > Now, you may proceed with a
compassionate statement.

(It helps if you have pre-written this
statement ahead of time and rehearse it)

SELF LOVE IS TO EXTEND
KINDNESS TO YOURSELF, EVEN
WHEN YOU'RE STRUGGLING OR
SUFFERING.

HOW, YOU ASK?

Notice the thoughts that come to
mind WITHOUT judgment

Reframe the thought with a
compassionate statement. For

example:

“My body feels anxious right now and
I feel it in my stomach. I know it

comes from my past experience with

_____. Today thought, I know I'm safe.

I love myself, I accept myself”

SELF LOVE MEANS FORGIVING YOURSELF WHEN YOU MAKE MISTAKES

HOW TO PRACTICE SELF FORGIVENESS?

>STOP!

>Notice your body's sensations

>Notice your thoughts, without
judging them

>Place your hands firmly on your
chest, tap firmly but gently

>Using a previously identified phrase,
say it out loud to yourself.

For example, "I am worthy even when
I mess up. I love myself. I can try
again if I choose to"

SELF LOVE MEANS PRIORITIZING
YOURSELF AND GIVING
YOURSELF PERMISSION TO FIND
AND BELIEVE IN YOUR
STRENGTH AND GIFTS.

HOW?

- I> Start small
- > Find ways in which you can prioritize yourself
- > Learn to become aware of your body when you're not prioritizing yourself- how does it feel? What is your body trying to tell you?
- > Next time you feel that sensation, you'll be better able to recognize it and, with time, engage in the opposite action.

SOMETIMES, SELF LOVE MEANS PUTTING YOURSELF FIRST

WHERE TO BEGIN?

- > Take small steps to do things that bring joy to your heart. For example, going to sleep on time when you know your body/mind need it because they have worked so hard all day.
- > With time, as you grow comfortable and used to putting yourself first in small ways, you'll begin to gain the strength to also do it in bigger things
- > Be patient with yourself in the process!

OTHER TIMES, SELF LOVE MEANS
MAKING SPACE TO IDENTIFY
YOUR NEEDS AND WANTS

WHERE TO START?

- > Take small steps
- > Pause and take time to become in tune with what you need in the moment. Simply ask yourself “I’m noticing (X) in my body, what could this sensation be trying to tell me? What do I need in this moment?”

SELF LOVE MEANS TO SET BOUNDARIES

HOW TO SET BOUNDARIES?

- > Learn to notice what it feels like when someone (or yourself) has not respected your own boundary
- > Once you have become acquainted with that sensation, begin to set a physical boundary by communicating firmly and directly.
- > If the person continues to disrespect that boundary a second time, repeat the boundary setting statement again
- > If it continues, then it's time to create distance and protect yourself
- > Boundary setting may feel bad at first, as if you're doing something wrong. This happens because sometime in your past, you learned that boundaries are not to be respected. We now need to teach ourselves that **IT IS OKAY** to have them.

WHAT SELF LOVE IS NOT

BEING PERFECT AND ALWAYS
BEING HAPPY

This is called perfection or toxic positivity, both of which aren't helpful for growing in your relationship with yourself!

WHAT SELF LOVE IS **NOT**

IT IS NOT BASED ON YOUR
ACHIEVEMENTS AND EXTERNAL
MEASUREMENTS OF SUCCESS

WHAT SELF LOVE IS **NOT**

IT IS NOT ROOTED IN SHAME
BASED CRITICISMS OR FEAR

if you're noticing you're using these strategies to get yourself to working toward a goal, ask yourself, where does this tendency to do this stem from? Where did I learn this was the way to getting myself to achieving things?

WHAT SELF LOVE IS NOT

IT DOES NOT SHAME, LIE,
MINIMIZE OR CRITICIZE
YOURSELF TO GET YOU TO DO
SOMETHING.

If you find yourself using these as a way of accomplishing tasks, perhaps at some level, this technique has worked. Now though, you can teach yourself a new way of accomplishing things in a more loving, kind way. It may take time, but it IS possible.

TRUE LOVE FOR
YOURSELF COMES FROM
WITHIN, EVEN WHEN WE
SCREW UP. EVEN WHEN
WE TAKE THE WRONG
TURN IN LIFE
