

Self Love

Week 1: How do you react to yourself and your life?

**** These questions were taken from the book "Self-Compassion stop beating yourself up and leave insecurity behind" by Author Kristin Neff.*

How do you typically react to yourself?

1. What types of things do you typically judge and criticize yourself for-appearance, career, relationships, parenting and so on?

2. What type of language do you use with yourself when you notice some flaw or make a mistake-do you insult yourself, or do you take a more kind and understanding tone?

3. If you are highly self-critical, how does this make you feel inside?

4. What are the consequences of being so hard on yourself? Does it make you more motivated, or does it tend to make you discouraged and depressed?

5. How do you think you would feel if you could truly accept yourself exactly as you are? Does the possibility scare you, give you hope, or both?

How do you typically react to life difficulties?

1. How do you treat yourself when you run into challenges in your life? Do you tend to ignore the fact that you're suffering and focus exclusively on fixing the problem, or do you stop to give yourself care and comfort?

2. Do you tend to get carried away by the drama of difficult situations, so that you make a bigger deal out of them than you need to, or do you tend to keep things in balanced perspective?

3. Do you tend to feel cut off from others when things go wrong, with the irrational feeling that everyone else is having a better time than you are, or do you try to remember that all people experience hardship in their lives?

Letting Go of Our Self-Definitions by Identifying Our interconnectedness.

Think about a trait that you often judge yourself for, and that is an important part of your self-definition. For example, you may think of yourself as a shy person, lazy, angry, and so on. Then ask yourself the following questions:

1. How often do you display this trait-most of the time, sometimes, only occasionally? Who are you when you don't display this trait? Are you still you?

2. Are there particular circumstances that seem to draw out the trait, and others in which the trait is not apparent? Does the trait really define you if particular circumstances must be present in order for the trait to emerge?

3. What are the various causes and conditions that led to having this trait in the first place (early family experiences, genetics, life pressures, etc)? If these "outside" forces were partly responsible for you having this trait, is it accurate to think of the trait as reflecting the inner you?

4. Did you choose to have this trait, and do you have much choice about whether or not you display this trait? If not, why are you judging yourself for this trait?

5. What happens when you reframe your self-description so that you are not defining yourself in terms of the trait? For example, instead of saying, "I am an angry person", what happens when you say, "Sometimes, in certain circumstances, I get angry." By not identifying so strongly with this trait, does anything change? Can you sense more space, freedom, and peace of mind?
