

AN EXERCISE IN UNCONDITIONAL SELF LOVE

Created by Renny Sabisch © Nov. 2014

AS I FACE THIS PARTICULAR CHALLENGE IN MY LIFE:

I PROMISE MYSELF to face it with the support and encouragement of unconditional self-love: I will speak to myself, treat myself and envision myself with love, support and encouragement. I will pay attention to what my needs are ~ spirit, mind and body and do my best to address those needs with love, understanding and action.

I make this pledge to myself because I know unconditional self-love can be difficult to sustain during times of personal crisis. And that is because personal crisis is often accompanied by thoughts of failure and self-doubt.

So, in order to accomplish this goal of loving myself unconditionally, through this challenging time in my life:

PART 1

I will ask myself to honestly look at this challenge that I am facing and identify what exactly are the hardest parts to it. (In what ways does this life challenge make my life more difficult? What concerns arise as I think about this life challenge? What emotions arise as I think about this life challenge? ~ fear, sadness, frustration, anger?)

I will observe how I presently speak to myself, treat myself and envision myself as I deal with this particular challenge in my life.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

B. How have I been ENVISIONING myself during this challenging time?

(How do I see myself? What do I think about myself? How would I describe myself to someone else? Do I see myself and my future in a positive way or in a negative way? Do I see myself learning and growing from this life challenge or do I see myself failing and defeated? Do I see myself as a smart and capable person or do I see myself as a stupid person? Do I have faith and confidence in myself to get through this difficult time or do I envision myself dying or losing my mind instead? Do I see myself as basically a good person or do I condemn myself as a bad and undeserving person because of the mistakes I have made?)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue or grey lines across its entire width, typical of notebook paper. The lines are uniform in thickness and spacing, providing a guide for handwriting. There are no margins, text, or other markings on the page.

PART 3

I will ask myself “As I deal with this challenge in my life, have my thoughts, words and actions toward myself been:

Compassionate_____

Fair_____

Helpful_____

Encouraging_____

Supportive_____

Comforting_____

Healthy_____

Productive/Proactive_____

Understanding_____

Honest_____

Attentive_____

Realistic _____

Hopeful_____

Educated on the problem at hand_____

Or have my thoughts, words and actions toward myself been:

Critical_____

Unfair_____

Negative_____

Defensive_____

Lacking confidence, trust and faith in myself_____

Ignorant_____

Neglectful_____

Abusive_____

Counterproductive_____

Destructive_____

Depressing_____

Doubt Filled_____

Disempowering_____

Hopeless_____

Ignorant of the problems at hand_____

(The answers to this question will give me an idea of where I still need to be more loving and compassionate with myself.)

I will ask myself ~ What do I need? What are my needs in this particular circumstance? What do I need in order to cope with this particular challenge, in the healthiest and the most productive way? (Do I need to be more patient with myself? Do I need to research information to help myself find answers to my problem? Do I need to have a more positive attitude about life and other people? Do I need to be more appreciative of my blessings? Do I need to rest more? Do I need to set boundaries? Do I need a stronger support system? Do I need to eat healthier? Do I need to budget my money better? Do I need to be more honest with myself? Do I need to address any addictions? Do I need to explore where my heavy emotions are coming from? Do I need to slow down? Do I need to relax? Do I need to simplify my life? Do I need to exercise in order to reduce stress? Do I need to organize my life and home better? Do I need to say “no” more often? Do I need to be more understanding with others? Do I need to forgive? Do I need to listen more? Do I need to give more to others and focus less on myself? Do I need to be less distracted by the troubles of others and help myself instead?)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I will ask myself “How can I change my thoughts, words and actions, toward myself, so they align more closely with unconditional self-love? ... so they provide the internal support, strength and courage that I need to get through this challenge that I face?”

A. This is how I can TREAT myself with actions that are supportive, helpful and encouraging:

[illegible]

This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced horizontal blue lines across the entire page, providing a guide for letter height and placement. The lines are consistent in color and thickness throughout.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.