AN EXERCISE IN UNCONDITIONAL SELF LOVE
Created by Rita Loyd © Sept. 2008

AS I FACE THIS PARTICULAR CHALLENGE IN MY LIFE:

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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?)

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PART 2

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

A. **How have I been TREATING myself during this challenging time?** (Do I treat myself fairly? Do I treat myself with respect? Do I treat myself with kindness? Do I try to help myself? Do I pay attention to what I need and how I feel? Do I listen to my own intuition? Do I accept myself as I am? Do I have realistic expectations towards others and myself? Do I allow myself a creative outlet? Do I allow myself time to reflect? Do I allow myself time to relax and renew? Do I take my own opinion seriously? Do I allow myself to feel the satisfaction of helping someone else? Do I open my mind to new ideas? Do I think for myself? Or do I treat myself neglectfully? Abusively? Critically? Unfairly? Negatively? Narrow-mindedly? Unrealistically and criticize anything less than perfection?)

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?)

C. **How have I been SPEAKING to myself during this challenging time?** (Do I speak to myself with words of understanding and compassion or with words of blame, shame, guilt and neglect? Do I speak to myself as I would a friend or do I call myself ugly names and criticize myself? Do I take ownership and examine my own feeling or do I give my power away by blaming other people for what I feel? Do I speak to myself with words of hope and faith or do I deny myself of both? A particularly good time to tune into self-dialog is when I am feeling upset with strong emotions.)

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_____

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

Critical_____

_____

Unfair_____

_____

Negative_____

_____

Defenisive_____

_____

Lacking confidence, trust and faith in myself_____

_____

Ignorant_____

_____

Neglectful_____

_____

Abusive_____

_____

Counterproductive_____

_____

Destructive_____

_____

Depressing_____

_____

Doubt Filled_____

_____

Disempowering_____

_____

Hopeless_____

_____

Ignorant of the problems at hand_____

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

PART 4

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?)

PART 5

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?"

I must remember that any difficult situation becomes harder when I speak to myself, treat myself and envision myself with anything less than love.

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

B. This is how I can ENVISION myself with thoughts that are supportive, helpful and encouraging:

C. This is how I can SPEAK to myself with words that are supportive, helpful and encouraging: