

AN EXERCISE IN UNCONDITIONAL SELF LOVE

Created by Rita Loyd © Sept. 2008

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?)

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.)

