

self love sessions

D I G I T A L

WEEK 4 WORKBOOK

Self Love Subject:

*self love and
relationships*

The most important
relationship

You will ever have

Is the relationship you have

with your self.

While Love is unconditional, relationships must have conditions. Self-Love requires us to understand and apply the power of conditions and boundaries in our relationships, so that they may reflect and support our primary connection to and love for Self.

What defines a healthy & loving relationship?

(These should be ideal standards for what you are willing to accept in your healthy relationships.)

When you consider the relationship you have with yourself, how do you see yourself? Who are you, to you?

(E.g. best friend, worst enemy, caretaker, etc.)

I am:

What words would you use to describe the relationship you currently share with yourself?

(E.g. stable, unstable, loving, positive, negative, easy, difficult, etc.)

Looking at the characteristics of healthy relationships you came up with, what could you work on contributing to your relationship with yourself? (E.g. acceptance, patience..)

All external relationships
are divine *mirrors*
reflecting to us
our internal relationship
with self.

What are three of the most important relationships you currently have in your life?

How do you see these people within these relationships – what are the roles that they play, who are they to you?

What words would you use to describe these relationships?

What are you most likely to disagree about with these people?

WHY do these subjects cause such a strong reaction within you? What belief system, unhealed wound, or inner fear might they be triggering?

Looking closely at the conditions within our external relationships, especially our behaviours which we know stem from our beliefs, can provide us with empowering insight into the conditions of our

*internal relationship
to self.*

This is the mirror effect

- it's how relationships come to be
our greatest self-love lessons.

If it's a love lesson, it's also a self-love lesson.

The awareness of the wounds illuminated on the previous page is therefore to be celebrated!

This is your current Self-Love work!

As you heal your internal condition, you will heal the outer conditions of your relationships.

What do you crave most from your friends/partners/family members?

How can you give these experiences to your Self?

Fulfilling your own needs and feeling self-sufficient stops you from ***attaching*** to relationships or people and helps to keep you in the ***energy*** of

acceptance

– of circumstances and of

fulfilled self!

Acceptance is Key

Aversion – ACCEPTANCE – Attachment

Fear

LOVE

Fear

What is one instance you experienced **AVERSION** to a person or a relationship? In this resistance, what were you fearing within self?

What is one instance you experienced **ACCEPTANCE** of a person or a relationship? In this acceptance, what were you loving within self?

What is one instance you experienced **ATTACHMENT** to a person or a relationship? In this resistance, what were you fearing within self?

Journalling Exercise:

Belonging through Self-Acceptance

We can experience deeper Acceptance and Love in our external relationships when we find deeper Acceptance within Self.

Take a fresh page and brainstorm a list of all features about yourself or your life that you find difficult to accept.

Get it allllll out!

Go through the list of conditions you can work on accepting and write at least one meaningful reason why/how you can be **GRATEFUL** for each. This might be tough for some things but will highlight the fact that all our circumstances are purposeful and conducive to our learning/growth, which makes them easier to accept.

Practice gratitude whenever you find yourself resisting something about yourself or your life. As you come to better accept yourself, you will be better positioned to protect yourself, filtering out the negative while still welcoming positive.

The more you are okay with who and what you are, the more you will feel okay with who and what others are.

You attract what you are.

**BE unconditional LOVE,
ATTRACT unconditional LOVE.**

As I *love* my *self* more;

I love others more,

I love life more.

As I *love*,

So I *live*.