



## Enhance your Self-love

Now that you have worked on accepting yourself for who you are, you can begin to build love and care for yourself. Make it a goal to extend yourself kindness, tolerance, generosity, and compassion. Just like you would do with a child, and other people you care deeply about.

To boost self-love, start paying attention to the way you talk to yourself. Commit to being more positive and uplifting.

Try to catch yourself when you are speaking to yourself in a way that you would not speak to a child, or a valued friend. For example, in the past I have caught myself saying "oh you stupid idiot" when I have become frustrated with something I have done. I now catch myself and rephrase it to something like, "oops that wasn't the best move, but what can we do to fix it?"

A couple of options you can use here:

- 1) If you like the affirmations you did in the previous activity, you can continue, by adding some like these (mix it up to keep it interesting):
  - a) I feel valued and special;
  - b) I love myself wholeheartedly;
  - c) I am a worthy and capable person (Sicinski, n.d.).
  
- 2) Also, commit to noticing, and changing any unhelpful self-talk. Your goal should be to catch yourself in the moment, i.e. as you are saying it or just after, and then immediately rephrase it to something more helpful.

If you like, it can be helpful to carry a notebook in the early stages of this process, and note down what you catch yourself saying, and then what you change it to. Make a note of the date and time so you can track your progress and notice how your self talk changes over time.





\*Bonus points for catching yourself using kind, compassionate and helpful self-talk.

The goal is to gradually shift your self-talk over time through awareness and conscious shifts initially, until it becomes second nature to use kind and compassionate self-talk.

Remember you will never find perfection in this, and there will still be times, particularly during heightened emotions where an unhelpful statement might slip through, but your awareness, and your habit will now be such that you can immediately catch yourself, and change the unhelpful statement into something more helpful, like in the example I gave at the start of this worksheet.

