

# This is NOT Self-Love

We mistreat, disrespect, and dishonour ourselves and our bodies in many (insidious) ways. With unspeakable, endless self-compassion as you become aware, swap out those habits for acts of self-acceptance and self-care (i.e. Self-Love).

**Abandoning ourselves by denying our needs is the ultimate of betrayals.**

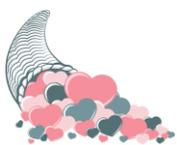
~ Sue Vaughan

## In general we may:

- chastise, criticize, judge, find faults, and condemn ourselves.
- doubt ourselves, our worthiness, our deservability.
- establish unloving measuring sticks for success (our weight, house size, car, job title, marital status, income, ...)
- use our financial worth to determine our personal worth.
- spend a lot of time, energy, and money trying to fix or improve ourselves so we can feel and be seen as “enough” (good enough, smart enough, thin enough, wealthy enough...).

**What if you were already more than enough and there was nothing to improve other than the way you see yourself—what would you do with**

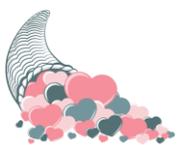
- let what others (may) think or say about us to determine our actions or inaction.
- be afraid to take calculated risks because we don't trust ourselves to handle the potential outcomes
- take perilous risks, putting ourselves in potential danger
- use food, alcohol, social media, shopping (i.e. any obsession) to soothe and/or distract ourselves
- disparage and put ourselves down in front of others (even in a joking manner).
- label ourselves (e.g. lazy, stupid, ugly, fat...) and then live to those labels.
- take responsibility when it is not ours to take.
- scare ourselves by telling ourselves frightening stories, worst case scenarios, and assumptions about what others are doing, thinking, and saying.
- reject others' compliments, praise, acknowledgement, generosity, kindness, assistance...because we don't feel worthy or deserving.



- chronically apologise (e.g. when someone bumps us, we say, “I’m sorry.”).
- put others’ wants and needs before our own at our expense (emotionally, physically, financially, mentally) and put ourselves at the bottom of our *take care of* list (or worse, we’re not even on our list 😞).
- make ourselves bad or wrong (or we accept other’s accusations of us being bad or wrong).
- second-guess ourselves and the decisions we’ve made—making us wrong or bad.
- ignore or bury our dreams, or put our dreams on hold until everyone else’s has been achieved.
- value others’ opinions more than our own or, worse, we have no opinion from years of suppressing them.
- follow others’ advice instead of listening to and abiding by our own EGS (Emotional Guidance System).
- compare ourselves to others. Whether we come out on top or not, comparisons are harmful by making either us or the other person bad, less than, or wrong.
- expect too much or too little of ourselves.
- don’t ask for help and/or don’t accept help when it is offered because we don’t want to be a bother or we don’t want to “owe” the person who helps us or we’re not worthy.
- take on more work than others (martyr ourselves and keep score) as a way to earn our worthiness.
- feel guilty, depriving ourselves of the joy and pleasure from whatever we’re guilty of doing (or eating 😊).
- allow others to use us, take advantage of us, and to walk over us.
- give our products and services away for less than they are worth.
- give all the credit to others, when it’s ours to own.
- take on more than is comfortable to do.
- disown our greatness.
- people-please in exchange for being liked, accepted, included, appreciated, valued, and Loved by others—when we’re not willing to Love ourselves.

"It's not your job to like me;  
it's mine."

~ Byron Katie



### Relative to our body we may:

- wear tight, ill-fitting, uncomfortable, or unflattering clothes.
- over-eat or deprive ourselves of the foods and beverages we enjoy.
- eat or drink what we *believe* to be harmful to our body.
- criticise and condemn our body: not just with what we say and think, but also by:
  - compulsively looking in the mirror with a judgmental eye.
  - sucking in our stomach.
  - grabbing the fat around our belly, thighs, underarms, hips.
  - comparing our bodies to thin or overweight people (making us or them bad, wrong, or less-than).
  - criticising others' bodies (making them bad, wrong, less-than, or unhealthy).
- mindlessly gulp down our food, depriving ourselves of the enjoyment and pleasure of eating.
- obsess about what we're going to eat; when we're going to eat, how much we're going to eat
- compulsively counting or avoiding carbs, calories, fat, gluten, sugar, and whatever else is "bad" du jour.
- beat ourselves up over what we've eaten, going to eat, or are eating.
- avoid parties, dinners, and functions where food will be served so that we don't overeat, or aren't tempted to consume 'forbidden' foods or beverages.
- obsessively / compulsively weighing ourselves.
- set ourselves up for failure with unrealistic expectations and take score (too soon).
- use weight and our body shape to measure our success/worthiness/desirability/acceptability.
- use our weight or body shape to determine what activities we will or will (not) engage in (like swimming).
- use our weight or body shape to determine our happiness.

**Is it any wonder that we don't trust ourselves and numb the pain of our distrust and self-abandonment with food, drugs, alcohol, social media, shopping .... in a futile attempt to make ourselves feel better?**

