

# Spotting Self-Love

## Worksheet

Showing ourselves love and compassion can be particularly difficult when we are facing challenges or dealing with difficult emotions.

However, the more we work at recognizing self-critical attitudes or limiting beliefs, the better equipped we are to replace them with kindness and appreciation when we need to.

The following vignettes provide some examples of what self-love and self-criticism look like in practice. Use them to better understand how you can cultivate more kindness and appreciation toward yourself.

## Instructions

Each of the following two vignettes is followed by two responses. Read through each, then rate how you feel about each on a scale of 1-100%, using the instructions and the boxes provided.

### Part 1: Jude's Story

*Having just moved into a new neighborhood, Jude is setting up a fire pit in his backyard. Struggling a little with the heavy bricks and equipment, he looks around and sees that his neighbor has a trolley in his yard.*

*He decides to ask his next door neighbor if he can borrow it.*

*When his neighbor opens the door, Jude extends his hand and introduces himself - but to his shock, the neighbor slams the door in his face without a word. Jude isn't just surprised, but he's confused, too.*

#### Response #1

Returning home, Jude stops and takes a good hard look at himself in the mirror. He tries to think of all the possible reasons why his neighbor might have slammed the door.

*I might look threatening...I should change my appearance.*

*I was making too much noise...I don't deserve a fire pit anyway.*

*Most people, in general, don't like the look of me.*

He lists them all on a piece of paper and decides to make them action items - he's just not good enough yet.

**Response #2**

Heading back to his garden, Jude consciously decides to brush off the experience. It's not reasonable to expect every single person to respond to a neighborly knock.

*Besides, he considers, there could be a host of external factors at play.*

*Perhaps they've had a bad experience in the past.*

*Maybe they get a hundred salespeople visiting every day.*

He chooses to leave the experience behind him and focus his efforts on finding a different way to move the bricks for his fire pit.

**Consider your favorite response of the two provided. Please fill in the box below.**

*Which response did you prefer?*

*How much did you like it? (1-100%)*

*What steps can you take to respond a little more like your preferred response?*

## Part 2: Sadie's Story

*Sadie's niece is turning three this weekend and Sadie has offered to bake cupcakes for the party. But for whatever reason, they turn out flat and rather tasteless.*

*She tries cooking up another batch, this time following the recipe more closely and changing a few things. On tasting them, she's far happier with the results. Sadie ices the cakes and heads to her niece's birthday party.*

*After the party, the adults are cleaning up. Sadie goes to retrieve her Tupperware and finds to her surprise that almost all the cupcakes are untouched. A few, it looks like, have even been tried - then put in the garbage beside the Tupperware.*

*She's rather shocked and disappointed that nobody seemed to enjoy her hard work.*

### Response #1

Unsure what to think, Sadie decides to seek feedback. She explains the situation to her brother and some of the other guests.

*I'm a little surprised that so many of my cupcakes are left...Do you have any constructive feedback for me?*

Based on what she's learned, she decides to tweak the original recipe and try again another day - she knows she's capable of making great cupcakes, and that learning from your mistakes is a great way to get better.

### Response #2

Sadie feels sad, angry, and hurt.

*I clearly can't bake, she thinks, or I'm not appreciated here, period.*

She returns home and decides that from now on - she's not going to bother with baking, for herself or other people.

*So what if I enjoy it...I'll never get better and I'm wasting my time.*

Consider your favorite response of the two provided. Please fill in the box below.

*Which response did you prefer?*

*How much did you like it? (1-100%)*

*What steps can you take to respond a little more like your preferred response?*

### **Part 3: Debrief**

Consider your reactions to the vignettes.

- How would each situation make you feel, if you were Jude or Sadie?
- Which response do you feel you would have had in each scenario?
- How would you like to react instead?
- What are three things you can do to practice more self-love, the next time you feel a similar way?