

DAY 23|30

One step further in Self-LOVE; my AHA moment...



Welcome to Day 23 of our 30 Day Guided LOVE Journey.

Flashback: December 22, 2017

“If I truly loved myself, I wouldn’t be attracted to this. In fact, I would be repulsed by this.” This was the conversation I had with myself that day.

This was when I realised that what I thought was self-love was way off.

At that time I had already met my husband - a nice, kind guy who was clearly into me and who, by his words AND his actions I did not have to wonder, yet I was still entertaining the likes of a guy who made absolutely NO sense.

When I had my Eureka moment, what I came to realise was that the person who was really making no sense was ME and that, if I truly loved and honoured myself I would have repelled anything which didn’t look like or treat me like love.

In some ultra-private and extra vulnerable work I did that night (December 22, 2017) I asked myself some simple questions and I confronted some harsh truths.

Truths like:

(i) The person i was entertaining made me feel “dispensable, disposable, cheap, unworthy, like someone he could pick up when he wanted and put down when he wanted.”

(ii) “I didn't deserve that because I am loving, caring, kind, unique, special, open, love-able, healed, deserving and whole.”

(iii) “In a relationship I want to feel loved, respected, valued, appreciated, revered, cared for, like someone truly and

unconditionally has my back...indispensable.”

And so much more. When I finished the self-love exploration that day, I literally had to sit down and just breathe. The realization that I was allowing myself to be treated in a way that was so much less than I deserved really broke my heart and yet it was THE day that I KNEW my LOVE life would take a radical turn.

I needed those realizations.

Today I am sharing some of the same questions I asked myself that day so you can go one step further in your self-love exploration.

The focus of this work is to help you go even deeper in your ability to articulate what you genuinely want and deserve in relationships.

EXERCISE: ANSWER THE QUESTIONS BELOW

1. How do you want to feel in relationships? For example: I shared how I wanted to feel at Truth #3 above.
2. What do you truly deserve in romantic relationships? Note this is separate and distinct from what you want.
3. What is the value YOU bring to relationships just by virtue of who you are?

4. Complete the statement: The highest level of self-love requires that, on this journey of love, I only create space for persons who are (fill in the blank) to me. Fill in the right fit adjective(s).

5. What additional thoughts come up for you (if any)?

Thought for the Day:

"Sometimes the person who needs to love you more is YOU"

Kaysha A.C. Leveridge