

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?