



Sacred Depths

COACH CERTIFICATION

Understanding Self-Love Resource Sheet

“ *Our ability to support another human being to cultivate self-love is related to our ability to love ourselves.* ”

Why Self-Love?

- Self-love is a vital component to achieving whatever goal you or your client may have.
- Some of us can achieve goals without self-love but it doesn't feel good. It doesn't feel satisfying or fulfilling.
- Self-love in one way or another is almost always going to be part of the antidote to moving past feeling stuck when reaching for a goal.
- For clients who know how to achieve without self-love, you can use self-love as a tool for them to learn how to be kind to themselves and feel more fulfilled as they achieve their goals.
- On the surface a client is not going to come to a call mentioning a lack of self-love. Instead, when a client comes to you stuck, you want to keep self-love top of mind as a tool/strategy to support the client. It won't be immediately apparent to the client but when appropriate it is a piece you want to work on with your client.
- In order to spot that a client needs to cultivate self-love, it is important for you as the practitioner to love yourself.

Reflection – Defining Self-love

Self-love is a living, breathing entity. It continuously evolves and is very personal.

- What does self-love mean for you at this moment in your life?
- Why is it important for you to cultivate self-love right now in your life?
- What have you been holding back from or struggling with because of not enough self-love?
- Thinking about a client, family member, friend, or colleague, why is it important for them to cultivate self-love? What have they been holding back from or struggling with because of not enough self-love?

Why Self-love is ever evolving, life-long work

1. Culture doesn't prioritize self-love.
 - Culture prioritizes devoting time and energy to achievement and productivity not self-love.
 - Your ability to produce and achieve defines your value and worth.
 - It doesn't tell you that you are inherently worthy simply because you are a living being
 - You do not have to achieve, you are deserving of self-love because of your mere existence.
2. Culture has a limited view of what is loveable
 - The dominant culture has a very explicit, narrow, and biased view of what is loveable, beautiful and worthy.
 - This narrow, biased view was created, by in large, by white, rich, Christian, cisgender, able bodied men.
 - What we generally believe is loveable and therefore worthy versus what is not was made up by white, rich, Christian, cisgender, able bodied men.
3. Culture is full of hierarchical thinking
 - Hierarchical thinking says one type of person, characteristic, personality trait, or ability is less than or more than compared to all others.
 - When you apply or project this kind of thinking out into the world, you will also project it inward towards yourself.
4. Culture judges you for loving yourself
 - Culture tells you that you are _____ [selfish, full of yourself, a fool, etc.] if you love yourself.
 - There is messaging that says something is wrong with you if you don't have confidence or self-love but make sure you don't have too much of it.
5. Trauma can block self-love
 - If you have experienced any kind of trauma, it can get in the way of self-love
 - Unhealed trauma will convince you that you are not deserving of self-love.
6. Modeling from parents
 - How your parents treated themselves dictates how you feel about yourself.
 - Even if they sent a different message to you about you, you are more inclined to pay attention to how they treated themselves as a roadmap for how you treat yourself.