



Workbook

Self-Love
Self-Worth
Self-Care

Prioritizing The Relationship
to Yourself

Mind and Body are inseparable and affect one another via a bi-directional pathway.

- Mind Affects Body (Top Down)
- Body Affects Mind (Bottom Up)

Must Prioritize Both of these Relationships

Remember:

You are the Expert of Your Own Life

We must be informed and make intuitive/aligned choices for our healing

Honor Yourself for showing up & caring about your health

Frustration is a sign that you care about yourself (self-worth)

Goals:

1

Build Awareness - of self, thoughts, actions, beliefs, etc.

2

Practice Acceptance - of what is in this moment

3

Create Intentional and Aligned Action



Build Awareness

Know Thyself to Heal Thyself (Building Self-Trust)

Observe, Identify and Check in with Thoughts/Emotions/Sensations/Beliefs/Behaviors:

- Develop broader terminology and ways of expressing internal experience - self-expression (EMOTIONS LIST)
- Often we aren't able to communicate ourselves clearly which leads to energetic and emotional buildup and internal discomfort. This promotes stress, frustration, irritability, and hopelessness. This can also lead to reactive or impulsive behaviors due to our lack of internal "distress tolerance."
- We end up being out of alignment with our wants/needs when we act out of emotion, not wisdom.
- Wisdom requires slowing down, taking action from a place of neutrality/grounded/present/calm ... not reactivity.

Document and Track Thoughts/Emotions/Sensations/Beliefs/Behaviors:

- Offers clearer perspective than relying on memory, can notice smaller changes more easily, can validate improvement on a better scale than memory
- Have a symptom checklist and refer to it regularly
- Creates the habit of checking in with yourself more often and developing a stronger connection to the self
- Label - put words to thoughts/emotions/sensations/beliefs/behaviors (more detailed the better)
- Labeling creates separation, awareness & cognitive separation from the experience - offers space for perspective shifting rather than being enmeshed with symptom or experience

ACTION STEPS:

Witness your thoughts, actions, beliefs, etc.

Slow down, breathe, be in the present moment

Write down thoughts, actions, beliefs, etc.

Label, define, explore the meaning of your thoughts, beliefs, etc.

Practice self-expression - through words, movement, writing, art, etc.

Define wise mind thoughts/beliefs/action (this is what you want to practice aligning to)

Practice Acceptance

Self-Acceptance at all stages of Healing

Mindful Self-Talk

- Talk with Acceptance of what is rather than anger toward it.
- We must face what we want to change with full acceptance of what is right now.
- How do you talk about yourself and to yourself?
- What are the negative/judgmental/critical words you speak?
- Create shifts and acceptance with your language - this allows you to more fully feel your experience.
- Reframing negative/judgmental/critical self talk with hopeful/accepting/compassionate self talk
- Allows space for hope, perspective shifts and growth (expansion rather than constriction/shutting down)

Self-Regulation

- Acceptance is challenging and requires practice
- Must feel all the feelings and create space for all of it
- Notice the challenges, face them with support and encouragement (Internal Resourcing)
- Allow challenges to be there and know that how you show up for yourself will affect your growth and healing
- Connect to Body sensations with gentleness, permission, and curiosity
- Practice Distress Tolerance to Regulate NS

Reframing Blocks/Challenges

- Acceptance does not mean giving up - it means “not arguing with reality or what currently is”
- The paradox of change is that we must first accept what is in order to change it
- Use phrases including dialectical (both/and) thinking/behavior
 - *I am frustrated with my body symptom AND also know that I am worthy*
 - *I am upset at this body symptom AND also going to show up for myself with support*
 - *I am angry at this body symptom AND going to process this anger in a healthy/loving way*

Create Intentional Action

Align to your values / needs / wisdom to create action steps

Create Incremental and Actionable steps to the bigger goal

- Break Down ultimate goals into small tiny steps (allow it to feel accessible and possible)
- Practice encouraging self-talk
- Utilize coaching and feedback on how to create incremental changes
- Validate your efforts/willingness/progress
- Focus and give credit to what you are doing, not just what is still missing
- Celebrate wins and track your wins

Schedule time to implement new behaviors

- Block time on your calendar for self-care (no matter how little 5-30 minutes)
- Put Your Needs First - communicate with people that you value your self-care time
- Self-Care is not Selfish - it is a necessity to model healthy behaviors and boundaries

Practice Self-Compassion and Support with the changes

- Change is registered in the brain/body as a threat at first (anything new will be uncomfortable - primitive brain is primed to be on alert for danger/safety seeking)
- Encouraging self-talk through the challenges of change
- Align with your Values and remind yourself why this matters to you
- Ask for support
- Strengthen connections to support and community
- Strategizing with peers/coaches

SKILL #1

Distress Tolerance Skills – Self-Regulation Skills

Name It - Label, Identify, Put words to Your Experience

Breathe - Take a few deep, slow, mindful breaths

Temperature Change - utilize hot or cold to shift internal state

Bilateral Stimulation - bilateral sound, tapping, havening technique

Weighted Blankets or Pressure (holding/hugging self)

Self-Soothing - activating Vagus Nerve with humming, gargling, singing, chanting

Feel It - Notice what sensations arise in the body & Give them space noticing intricacies and describing them in detail.

Pause - Take a moment to fully be in the present moment - observe with all 5 senses

Know Your Needs - Identify what it is that you are needing in this moment

Covering Eyes to self-soothe

EFT Tapping on acupressure points

Visualization of Peaceful Place

Essential Oils

SKILL #2

Identify Your Unhealthy Coping Skills

Create more Effective / Healthy / Values Aligned Alternatives (AWARENESS SKILL)

Create a list on one side and offer reframes on the other

Make them believable

Identify underlying needs (physical/emotional/etc) for each coping skill

Offer yourself non-judgment when identifying unhealthy coping skills

Identify Your Unhealthy Coping Skills

Unhealthy Coping Skills

Reframes & Alternative Coping Skills

Underlying Needs For Unhealthy Coping Skills

Non Judgmental Self Talk

SKILL #3

Preferred Self | Ideal Healthy Self

Take time defining your preferred self

How do they think/act/talk

What qualities do they embody

What are their values

Who supports them

Where do they spend their time

When are they most proud of themselves

Visualize this version of yourself- notice what thoughts/emotions/sensations arise

What support do you need to believe this version of yourself

Affirm this version of yourself by practicing these ways of being

Remind yourself often that this is who you want to be

Create visual reminders of this version of yourself - post-its/images/words/vision boards/etc.

SKILL #4

Resourcing

Identify Emotional Needs - Wisdom, Protection, Nurturing

Identify People/Characters who embody this characteristic

Visualize that person/character by your side being of support

Tune into their thoughts/behaviors/words/actions

Check in with how you feel having them by your side

SKILL #5

Finding Your Voice / Speaking Up For Self

Reflect on desired areas of life where you'd like to speak up

Identify/Write/Rehearse how you'd like to speak up for yourself

Reflect on Resources and how they would help you speak up for yourself

Practice embodying characteristics

SKILL #6

Know Your Triggers / Red Flags

Identify who|what|where|when|how you tend to become dysregulated
(aka stressed, overwhelmed, frustrated, etc)

Identify needs for those times

Create a Cope-Ahead Plan (using resources, ideal self, etc)

Examples of Triggers which affect your Health:

- Not having a plan
- Lack of Self-Regulation Skills
- Negative Self-Talk (based in comparison, judgment, criticism, etc)
- People Pleasing
- Lack of Stress reduction skills
- Co-Dependency | Lack of Boundaries
- Fear of Speaking up
- Lack of Self-Worth
- Trauma trapped in the body
- Not being able to speak up
- Negative/Unhealthy Coping Strategies - over working, social media scrolling
- Relying on Impulsive/Automatic coping versus preferred coping strategy
- Lack of Safety or connection to the body (Need = Being embodied & Finding safety in the body)
- Storing emotion in the body - not having a release
- Dysregulation: Nervous System on overload, overworking, perfectionism, burnout, etc
- Poor Body Image
- Low Self-Worth
- No Self-Care plan
- Sensitivities as a child were not honored - lack of attunement from caregivers (This led to shoving emotions down & people pleasing & not knowing/valuing own needs)