Guide to Attaining Self-Love

(including Self-Acceptance & Self-Worth)

ilona Varo is a Hungarian born psychotherapist practicing in Los Angeles. Her background in the beauty and entertainment industry, as well as the healing arts, informs her unique psychological approach.

ilona's practice focuses on women's issues which arise from adolescence through adulthood. She focuses on topics involving body image, disordered eating, self-hatred, self-sabotaging behaviors, anxiety, depression, adjustment disorders, trauma and more.

ilona is trained in EMDR and works with somatic modalities to help clients create peace and calm in their bodies. A connection and awareness to the mind-body is crucial in healing and transformation. Mind-Body awareness improves resiliency, stress management, healthy self-regulation, appropriate coping skills, joyful relationships, etc. It brings attention to the somatic experiences of mental health issues.

A lot of mental health behaviors are a result of individuals being detached from their bodies, at war with themselves, storing trauma, and the struggle to rationalize our biological responses. "It's not always logical, it's sometimes biological."

ilona helps provide clients with practical tools so that they can improve their awareness of behaviors/thoughts/reactions which bring them distress. Practical tools and collaborative practices ensure that clients can learn to cope in healthier and more effective ways.

ilona is truly passionate about women's health, resiliency, and teaching effective/practical coping skills. She believes everyone is worthy of healing, and that it is possible to find peace in our mind/body experiences.

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Achieving self-love begins with defining your ideal relationship to yourself.

This requires imagination, visualization, and vulnerability to connect to your deepest desires.

Directions:

1. Be sure to answer these statements in the present tense, in order prime your brain for the possibility of attaining these goals. (ex. I am …)
2. Use positive and affirmative statements rather than negatives or focusing on what you "don't want." (ex. I am gentle and kind in my demeanor – vs – I am not beating myself up).
3. Focus on both internal and external experiences and outcomes (both what you have/do as well as how you are being).
4. Make sure your vision is at least 50% believable to you so that you are able to work through any subconscious hidden material.
5. Tune into how your body responds to what you are writing and thinking. Begin to notice the subtle blocks, fears, resistance that may arise. Take note of anything that you may notice and welcome it in as information rather than fact.
6. Release attachment to outcomes or timelines. Focus on your desired way of being and keep reminding yourself why this is important to you.

Questions:

What is my ideal relationship with myself?
How am I speaking to myself?
How am I talking to others about myself?

How am I showing up in my relationships?
What relationships are most nurturing to me?

Who do I spend my time with?
How do I spend my time?

How am I dressing?
How am I walking/carrying myself (think posture and body language)?

What lights me up?
What makes me feel connected to others?

What am I proud of?
What do I value?

What is my relationship to food like?
What is my relationship to movement like?

How do I support myself?
How do I "self-care"?
How do I hold myself accountable?
How do I protect myself?
How do I nurture myself?

What boundaries are important to me?

What is my relationship to faith/spirituality/higher power?

What do I notice arising in my body as I answer these questions? (ex. tightness, change in breathing pattern, posture, blocks, stuckness, etc.)
What do I imagine these body signals are trying to communicate with me?

What are THREE attainable action steps that I can take to move toward my goal of self-love?

1.
2.
3.

What is additional support that I am needing in this moment?