



Hi All –

Have you ever taken one of those quizzes you find in magazines that asks you about your love life? I'm a sucker for those and am always curious to see my score.



Well, here's a quiz for you, but it's got a different spin to it. You see, **it's not about how well you do at loving others; it's about how well you do at loving YOURSELF!**

What?

We forget that **our relationships with others directly reflect our relationship with ourselves**. I truly believe that we cannot have a great relationship with a partner if we are not loving and respectful to ourselves.

Relationship Quiz: How Loving Are You? (towards yourself)

- ? Do you keep promises you make to others but fail to keep ones you make to yourself? (e.g. – promises to get more rest, exercise, spend less, ...)
- ? Do you discount your thoughts and feelings, telling yourself that they aren't as valid or important as someone else's?
- ? Are you more critical of yourself than you are of anyone else?
- ? Do you berate yourself verbally on a regular basis? (telling yourself that you are stupid, ugly, worthless ...)
- ? Do you expect more from yourself than is realistically possible?
- ? Do you punish yourself by withholding pleasure and fun?
- ? Is the word 'should' pervasive in your self-talk?
- ? Are you a relentless task-master, pushing yourself to always do more, not making time to celebrate your accomplishments?

If you had to answer 'yes' to any of these questions, then you could love yourself more. Why not use this month to find ways to be more loving with yourself?

Here are just a few tips on how to be more loving:

- ♥ Make some time each day to be still, to check in with yourself, and get in touch with what you're thinking and feeling.
- ♥ Honor your feelings instead of discounting them; acknowledge their presence and don't judge yourself for having them.
- ♥ Practice giving yourself kind comments as you look in the mirror each morning.
- ♥ When you catch yourself being verbally cruel, stop and begin again, this time speaking to yourself as you would an innocent child.
- ♥ Practice giving yourself acknowledgement (out loud) when you have done something well!
- ♥ Schedule time regularly to enjoy some simple pleasures (perhaps it's curling up with a good book, buying yourself flowers, browsing at a store you love,...).

If you would like to delve into this topic more, contact me for a complimentary coaching session.

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