

Rebuilding the Relationship to
Yourself: Self-Love, Self-Compassion
and Self-Soothing



PERSONAL DEVELOPMENT SCHOOL
COURSES FOR REAL LIFE

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Exercise 1: Auditing Your Relationship to Self

Purpose: The purpose of this exercise is to check in with the 7 areas of life and determine how you are showing up in the relationship to yourself within each of the 7 areas of your life. This will help you to create healthier patterns as you develop a more unconditionally loving and supportive relationship to yourself.

Discovery:

1. Reflect on the questions below in each of the areas of life to determine where you need to show up more in the relationship with yourself. Remember, we often aren't taught these things so if you have improvements to make, be kind to yourself when making them!
2. Use the space below to self-reflect in a journal-style format.

1. Career → Do we go after what we desire? Our dreams or others' dreams for us? What do we believe we are capable of? Do we believe we deserve a promotion, a raise?

2. Financial → Net-worth has a lot to do with self-worth (worthy, deserving, good at receiving etc.)

3. Mental → Do we invest in ourselves mentally? Take courses? Read? Better ourselves? Express our thoughts, opinions and ideas because we believe they are worthy of being heard?

4. Emotional → Do we show up for ourselves emotionally? Do we self-soothe? Do we listen to what we are feeling and acknowledge it? Do we make space for our emotions or shame them? Do we regulate? Do we accept this part of ourselves?

5. Spiritual → Do we show up for ourselves in this area of our lives? Have we made space to explore this part of our being and experience? Do we extend the same morals that we try to live by externally in the RLP to our internal selves? (Ex. Compassion, forgiveness, kindness)

6. Physical → What are our habits like here? How do we care for our physical body? How is our relationship to food? Do we allow ourselves to move? Do we play? Are we kind to our physical body? How do we speak to ourselves about our body?

7. Relationships → Do you know what you desire in this area of life? Are you intentional? Do you set boundaries around behavior you are unwilling to accept? Do you see these boundaries through? Do you have standards and non-negotiables here?

8. The Goal: To program healthy habits in each of the 7 areas of life in relationship to yourself, so that your subconscious mind is ready to accept healthy, loving relationships with others. Write about what you may need to focus on upgrading and improving in the areas of life listed above so you can achieve this.

9. What areas do you show up for yourself the least in? Where did you learn these patterns or where was there simply an absence of being modelled healthy tools in this area(s)?

10. What are the unhealthy patterns you notice in your relationships with others? How do these patterns potentially reflect to you, something about the relationship you have with yourself?

11. Where do you find that you lack self-love in general? How can you come up with healthy strategies to create change or introduce new habits?

Exercise 2: Knowing and Expressing Yourself as a Unique Individual

Purpose: The purpose of this exercise is to reflect on how much you give yourself permission to understand yourself and then express your truth.

Discovery: Use the chart below to reflect on your life by answering the questions and designing solutions to show up for yourself more.

Integration: Return to this chart to reflect on your life. It is recommended that you tune into an exercise like this at least once per quarter.

Use the chart on the following page, or a journal if you require more space.

Reflection Questions	Answer the Question in Column 1	Strategies to Improve Upon Your Answers
1) Are your dreams <i>your dreams</i> ?	Ex. Some of them, but not all of them are	Ex. I can begin setting boundaries with others and following my own dreams more
2) Are you practicing introspection and self-reflection?		
3) Are you checking in with each area of life regularly?		
4) Do you know your standards and non-negotiables in the 7 areas?		
5) Do you know your strengths and weaknesses?		
6) Do you know your fears, dreams and needs?		
7) Do you give yourself permission to honor yourself and your truths?		

Exercise 3: Practices for Self-Forgiveness & Releasing Self-Judgement

Purpose: The purpose of this exercise is to practice understanding yourself and exercising self-compassion more than self-judgement.

Discovery: By reflecting on the questions below, it will give you a chance to see yourself differently when you make a mistake in life. Answer the questions below as soon as you make a mistake, or when you are reflecting on past mistakes.

A. Looking for the Sponsoring Intention:

1. Think of a mistake you made recently. Tune into yourself and notice what you were thinking or believing the moment prior to making that error. Were you afraid? Did you have an unmet need that your subconscious was desperately trying to meet on autopilot? Notice what comes up.

2. What subconscious programming within you might have created desperation around the unmet need or fear-based thinking that led to the mistake?

3. Can you have compassion for yourself while gently committing to creating change and accountability here? If so, what steps can you take to do this?

*As an acronym, you can remember "ICA" – Inquiry, Compassion, Accountability.

Integration: Use this exercise to practice taking ownership for your mistakes while simultaneously working to understand yourself and the root causes that can lead to errors in judgement.

Exercise 4: Unconditional Love in Your “BTEAs”

Purpose: The purpose of this exercise is to audit your beliefs, thoughts, relationship to your own emotions and your actions. It is to then create strategies to improve the relationship to yourself in each of these key areas.

Discovery: Fill out the chart below. Use a journal if you require more space.

BTEAs	How Do You Currently Show Up in Each Area?	How Can You Practice Being More Unconditionally Loving to Yourself Here?
<p>Beliefs (What do you believe about yourself and does this line up with self-love?)</p>		
<p>Thoughts (How do you communicate to yourself in your thinking/internal dialogue?)</p>		
<p>Your Relationship to Your Emotions (Do you acknowledge and express? Listen to them? Help solve for them?)</p>		
<p>Actions Towards Yourself (Do you take care of yourself? Spend quality time with yourself? Speak up? Etc.)</p>		

Integration: Return to this chart whenever you want to audit and upgrade the relationship to yourself across these key components.

Exercise 5: Taking Accountability and Responsibility for Our Lives

Purpose: The purpose of this exercise is to reflect on each of the 7 areas of life and decide where we can take more accountability in each area.

Discovery: Fill out the chart below.

Area of Life	Rating (1-10) of Accountability	How I Can Improve and Take More Responsibility
Career		
Financial		
Mental		
Emotional		

Physical		
Spiritual		
Relationships		

Integration: Return to this chart whenever you want to audit the 7 areas of life and improve accountability and responsibility.

Exercise 6: Rebuilding Trust & Listening to Yourself

Purpose: The purpose of this exercise is to audit our relationship to self-trust and create strategies to improve.

Discovery: Answer the questions below in a journal-style format.

1. What makes you trust others?

2. What is a relationship to others without trust?

3. How do you treat people we don't trust? Is this reflected in the relationship to yourself?

4. Trust is based on:

A) Congruency (what we say we will do and how we act line up!) How are you at being congruent in the relationship to self? In each of the 7 areas?

B) Taking someone else into consideration (feelings, needs, fears) → Do you take yourself into consideration when making choices? Do you think about yourself equally to others or do you put yourself last?

5. C) Consistency & Predictability → Do you show up for yourself this way? What actions can you take to become more consistent in the relationship to yourself?

Integration: Return to this reflection exercise whenever you want to improve self-trust in the relationship you have to yourself.

5. Do you go out of your way for yourself? Do you move beyond your comfort zone to show up for yourself even when it is difficult?

6. Are you present enough with yourself to notice changes in your mood?

Exercise 8: Protecting and Supporting Yourself

Purpose: The purpose of this exercise is to tune into the ways you protect and support yourself and notice where you can improve upon this in your life.

Discovery: Fill out your answers below.

1. Do you protect your needs and set boundaries when necessary? If there is work to do here, how can you improve?

2. Do you support yourself and have your own back? Do you use your voice, address things when they don't feel right for you and feel comfortable saying no to others in your life?

3. Is it normal for you to show up for yourself or is it only something that happens when you are angry or emotionally charged? This is something you ideally want to normalize.

4. Do you allow yourself to take up space in the world?

Exercise 9: Healthy Habits for Self-Care and Honoring Your Needs

Purpose: The purpose of this exercise is to check in with each of the 7 areas of life and notice how well you are showing up for your needs. It is then to create strategies for better meeting your needs more often.

Discovery: Fill out the chart below. Use a journal if you require more space.

Area of Life	What My Needs Are	Habits to Improve the RLP to My Needs
Career		
Financial		
Mental		
Emotional		
Physical		
Spiritual		
Relationships		

Exercise 10: Self-Soothing Practices

Practice 1: Somatic Self-Soothing & Emotional Equilibration

For when: You are experiencing a peak level of suffering and are having difficulty thinking. This is also good to practice if you are feeling disconnected from yourself.

STEPS TO FOLLOW

- A) Notice and become fully present with your emotions
- B) Witness where they appear in the body
- C) Describe sensations
- D) Imagine opposing sensations (reference list in workbook → Ex. heat to cold, tightness to expansiveness etc.)
- E) Use emotion and imagery to continue to equilibrate sensations until you find relief (must focus)
- F) Can take the next step to ask what your emotions are communicating and strategize on how to create relief for yourself

Practice 2: Behavioral Self-Soothing (Proactive)

- A) Make a list of your triggers that often take place the most
- B) Make a list ahead of time of what you would need to feel better
- C) Create the shortlist with strategies for how you can show up for yourself (ex. I need to write out my feelings when I am triggered, I need to meditate, I need to go for a walk/run, I need to take some deep breaths and clear my mind etc.)
- D) Make sure that your behaviors are connected to the unmet needs contributing to the trigger in the first place (ex. Feeling out of control triggers you → Running makes you feel empowered and in control)
- E) Create a follow up strategy to directly meet your need (Ex. When I am back from my run with a clear head, I will set a boundary with the person triggering me so I can feel that I am empowering myself in a healthy form)

F) Use the lined space below to fill create a practice for yourself by reflecting on the steps above.

Practice 3: Nervous System Soothing

When? After a stressful or busy day.

To actively practice down-regulating (sympathetic to parasympathetic)

Step One: Decide on a period of time you will dedicate to this at the end of a busy day (ex. 10 minutes)

Step Two: Choose a habit from the course you can see yourself committing to (ex. Meditation, stretching, “being” etc.)

Step Three: Create a tangible strategy that will help to make this a habit (ex. Set alarm on my phone)

Step Four: Notice the improvements after a 30-day commitment and journal about them.

Practice 4: Self-Connection Soothing

- A) What do you seek from others when your subconscious mind is hoping to get soothing?
- B) How can you give these things to yourself? (Ex. Reassurance, Compassion etc.)
- C) How can you create proactive habits to make these a part of your daily life and routines?
- D) Is there a specific space you can also create in your environment to go to when you want to self-soothe? Can you make this space nice for yourself to do this? (Ex. Candles, scents etc.)

Practice 5: The Emotional Processing Tool (a form of Thought-Reprogramming if used repetitively)

Purpose: The purpose of this exercise is to question the stories you tell yourself and meet your *unmet* needs. These are the core reasons for emotional pain or suffering. We can transform our emotion by showing up to support ourselves in these areas using the emotions as the supportive feedback mechanisms that they are.

Regulating ourselves in this way is the most important tool for self-soothing. By practicing this daily, it will become a process that begins to happen in under 10s in real time.

Discovery: Follow the questions below to: a) isolate the problem, b) understand the root causes at the thought/belief level, c) equilibrate via questioning, d) understand and meet your unmet needs with strategies.

1. Think of what feels unresolved today regarding any person, conversation or situation. Write you're your stressful thoughts or beliefs (see core beliefs below if needed). (ISOLATE THE PROBLEM)

2. What did you believe about the person, or event because of what happened? (What meaning did you give to it)? (thoughts) (Ex. I will lose my job and be on the street, my wife will leave me etc.)

3. Can you know with certainty that this is true?

4. Can you find three pieces of proof that oppose this original interpretation? Could there be less painful interpretations to this situation that are as true as your assumption, if not truer? Try to update your thinking if the core wound or thoughts are in fact, untrue or one-sided.

5. What is your need in this situation to create relief?

6. What is a healthy strategy to get this need met?

Integration: Use one or multiple of the tools above to implement in your daily life for huge results.

Additional Resources for this Course

(Referenced in Earlier Exercises Above)

Common Physical Sensations

Twitchy	Moved
Open	Contracting
Expansive	Tense
Sensitive	Frozen
Sore	Heavy
Wobbly	Small
Hollow	Dizzy
Blocked	Fluttery
Clenched	Queasy
Constricted	Tingling
Tight	Warm
Knotted	Shaky
Cozy	Trembling
Melting	Cold
Shivering	Tender
Draining	Touched

Tertiary Needs

Connection Needs

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Community
Companionship
Compassion
Consideration
Consistency
Empathy
Inclusion
Intimacy
Love
Mutuality
Nurturing
Respect/self-respect

Autonomy Needs

Choice
Freedom
Independence
Space/Boundaries
Spontaneity
Exploration

Certainty Needs

Safety
Comfort
Security
Order
Stability
Support
To know and be known
To see and be seen
To be understood
Trust
Warmth

Physical Needs

Food
Movement/exercise
Rest/sleep
Sexual expression
Safety
Touch

Peaceful Needs

Beauty
Ease
Equality
Harmony
Inspiration

Growth Needs

Self-Development
Self-Realization
Success
Progress
Achievement
Opportunity
Expansiveness
Learning
Awareness
Challenge
Stimulation

Honesty Needs

Authenticity
integrity
Presence

Play Needs

Joy
Humor

Contribution Needs

To give/nurture
To share
To create
To teach/to assist

MEANING

Clarity
Competence
Consciousness
Discovery
Effectiveness
Hope
Mourning
Participation
Purpose
Attention
Validation
Self-expression
To matter