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# Love

**“Love yourself for who you are and forget about who you are not.” ~ Cassie Parks**

What challenge are you facing in your life right now? If you have more than one, think about the one that has caused you the most pain. Have you lost a meaningful relationship? Are you going through a divorce? Have you experienced a financial setback? Now think about how you’ve been dealing with this challenge. Have you been overeating? Have you been drinking too much? Have you been compromising your values or ideals?

It’s time to learn to love yourself through it. Practicing self-love during a challenging time is essential to the healing process. And if you can find self-love during a painful experience, you will be much more capable of finding it on a day-to-day basis.

The biggest challenge in my life right now is:

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Get another piece of paper if needed.

How have I been treating myself during this challenging time? (Examples: Do I help myself? Do I make excuses or take responsibility? Am I honest with myself?)

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What specifically will I do to treat myself better? (Examples: I will relax more. I will start being truthful with myself. I will get the opinion of a therapist.)

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What specifically will I say to create a more loving internal dialogue? (Examples: I can make it through this time because it’s not forever. I don’t have to do this alone.)

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What do I need in order to cope with this challenge in the most productive and healthy way possible? (Examples: Do I need to do more research to find solutions? Do I need to eat healthier? Do I need to set boundaries? Do I need to slow down? Do I need to say “NO?”)

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What specifically will I do to fulfill my needs? (Examples: I will go to the library and check out books to better understand. I will bring my lunch instead of eating fast food.)

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**Story ReWrite Check-In!**  
Did this exercise help you recognize a limiting belief or help you change a limiting belief into a limit-less belief? If so, utilize your Caterpillar journal to document a limiting belief and your Butterfly journal to document a new limit-less belief.