Reflect & Connect Coaching Companion - Be Loving To Your Negatives

A gentle self-love workbook inspired by Louise Hay's 12 Ways to Love Yourself - “Be Loving To Your Negatives”. Connecting you to Self-Love, Self-Compassion & Your Inner Wisdom.

An invitation to meet the parts of yourself you find difficult with curiosity, compassion & love.

A Gentle Introduction

Be Loving to Your Negatives is an invitation to stop making yourself wrong for being human. We all have thoughts, emotions, habits, behaviours or parts of ourselves that we may judge, criticise or wish were different.

Louise Hay’s philosophy encourages us to meet these parts with love rather than adding more criticism. This does not mean that we have to approve of every behaviour or remain stuck in patterns that no longer serve us. It means creating a compassionate inner environment from which change can happen.

When we become curious instead of critical, a different question becomes possible: “What is this part of me trying to tell me?” Sometimes underneath frustration, fear, insecurity, anger or self-criticism is a need asking to be seen and honoured.

You do not have to become perfect before you are worthy of love. You can love yourself while you learn, grow, change and discover new ways of being.

A reminder to carry with you

“I can acknowledge what I would like to change without criticising myself for where I am today.”

Grounding Declaration

Find a comfortable position. Take a slow breath in, and gently breathe out. Place a hand over your heart if that feels comfortable. Read these words slowly and allow yourself to receive them.

I am willing to look at myself with loving eyes.

I release the need to judge myself for being human.

I lovingly acknowledge the parts of myself I find difficult to accept.

I can listen to my feelings without allowing them to define me.

I am learning. I am growing. I am doing the best I can with what I know today.

I give myself permission to change without criticising myself into change.

I choose compassion over criticism.

I am worthy of love exactly as I am, and I am open to becoming all that I can be.

I love and accept all of me, including the parts that are still healing and growing.

Take one more gentle breath. Let your shoulders soften. Come back to the present moment.

Journalling: Meeting Your Negatives With Love

Use these prompts slowly. You do not need to answer every question in one sitting. Write honestly, without trying to create the "right" answer. Let your journal become a safe place where you can listen to yourself.

1. What part of myself am I currently finding difficult to accept or love?

What do I tend to say to myself about this part of me?

2. Where am I being particularly critical or judgemental towards myself?

What words, tone or expectations do I use internally?

3. If this part of me could speak, what might it be trying to tell me?

Is there a fear, need, hurt or desire underneath it?

4. What do I need when I am experiencing this "negative" thought, feeling or behaviour?

Could I offer myself some of that support now?

5. What am I making myself wrong for?

What would change if I allowed myself to be human here?

6. Is there something I want to change without rejecting the part of me that is struggling?

How can I hold acceptance and growth together?

7. How would I speak to someone I deeply loved if they were experiencing what I am experiencing?

Can I offer myself even a little of those same words?

8. What is one small, loving action I can take to support myself?

What would feel nurturing, realistic and kind today?

9. What part of me needs to hear "I love you anyway"?

What would I like that part of me to know?

10. What am I ready to release?

What old story, expectation, habit or judgement no longer needs to come with me?

Affirmations for Loving All of You

Read these aloud, write your favourites in your journal, or choose one to carry with you each day.

- *"I lovingly accept all of me."*
- *"I choose compassion instead of criticism."*
- *"I am gentle and patient with myself."*
- *"I am allowed to be human, to make mistakes and to learn."*
- *"I can acknowledge what I want to change without making myself wrong."*
- *"I am learning to love the parts of myself I have previously rejected."*
- *"I listen to my needs with love and understanding."*
- *"It is safe to feel my feelings and i am curious about what they are telling me."*
- *"I release the need to be perfect."*
- *"I speak to myself with kindness."*
- *"I am worthy of love in every season of my life."*
- *"I give myself permission to grow at my own pace."*
- *"I trust myself to take the next loving step."*
- *"The more I love and accept myself, the easier it becomes to grow."*
- *"I am willing to see myself through loving eyes."*
- *"I choose to be my own greatest supporter."*
- *"I love myself even as I learn, change and evolve."*
- *"I am enough, exactly as I am today."*

A Loving Conclusion

Before you close this workbook, take a moment to acknowledge yourself for showing up. Self-love is not about getting everything right. It is not about loving every experience, thought or behaviour. It is about creating a kinder relationship with yourself as you move through life.

The parts of you that you have judged may not need more criticism. They may need your attention. They may need rest, reassurance, understanding, forgiveness, boundaries, support or simply the experience of being heard or acknowledged.

You are allowed to change and still love yourself. You are allowed to have difficult days and still be worthy. You are allowed to be a work in progress and still celebrate who you are today.

So, when that familiar inner critic appears, see if you can pause. Take a breath. Put your hand on your heart. And instead of asking, "What is wrong with me?", try asking:

"What does this part of me need from me right now?"

Then listen. You may discover that beneath the criticism is a tender part of you that has been waiting to feel safe, supported and loved.

And perhaps that is the heart of this practice:

May you meet yourself with softer eyes.

May you listen more deeply to your needs.

May you release the belief that you must be perfect to be loved.

May you celebrate your growth, including the growth no one else can see.

And may you remember, again and again...

"I am worthy of my own love – all of me."

With love,

Alison x

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