

# HOW TO LOVE YOURSELF

*By Louise Hay*

- ✚ **Stop all criticism.** Simply refuse to criticize yourself. Everybody changes, but criticism never changes anything. When you are criticizing yourself, your changes are negative. When you approve of yourself, your changes are positive.
  - ✚ **Don't scare yourself!** Living in terror of your own thoughts is a dreadful way to live. When you feel scary thoughts coming on, have a mental image ready that gives you pleasure and switch to that.
  - ✚ **Be gentle and kind and patient.** Go easy on yourself as you learn new ways of thinking. Treat yourself as you would someone you really loved.
  - ✚ **Be kind to your mind.** Self-hatred only hates your own thoughts. Don't hate yourself for your thoughts. Instead, gently change the thoughts.
  - ✚ **Praise yourself.** Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.
  - ✚ **Support yourself.** Reach out to friends and allow them to help you. When you need help and ask for it, you are being strong.
  - ✚ **Be loving to your negatives.** Acknowledge that you created them to fill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.
  - ✚ **Take care of your body.** Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise do you enjoy? Cherish and revere the temple you live in.
  - ✚ **Do mirror work.** Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself as you look into the mirror. Talk to your parents as you look into the mirror. Forgive them too. At least once a day say, "I love you, I really love you!" Love yourself!! Do it now! Don't wait until you get well or lose the weight, or get the new job, or the new relationship. Begin now – and do the best you can.
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