

Free Sample Reading of:

# LEARN TO LOVE YOURSELF AGAIN

A Step-by-Step Guide to Conquer Self-Hatred,  
Ditch Self-Loathing, & Cultivate Self-Compassion

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# Preface

## You Are Elastic

The you who you know is not fixed. You are elastic.

Though you may have come to hate yourself, it doesn't need to remain that way. I've met people from all over the planet who have changed their relationship with themselves. They've gained self-compassion, become gentle on themselves, and started enjoying life. When we're in the thick of not loving ourselves, we think that who we are is fixed. "It's going to be this way the rest of my life." Not true.

You think this because nobody ever taught you how to change. Once you understand how your thoughts and emotions work, you can transform your relationship with yourself. After all, life consists of a series of thoughts and emotions, most of which, until now, have been taking place unconsciously. Your relationship with yourself is determined by how you handle your thoughts and emotions. It's not that you're stuck; it's simply that you didn't know what to do with these parts of yourself.

Self-hatred and suicidal ideation used to be a daily experience for me over a several-year period, and it's amazing to look back and see the changes I've undergone. I didn't change until I met some wonderful people who taught me how to love myself. One of those people was named Ron, and I'm honored that he passed his torch of healing along to me before stepping into eternity. It's a pleasure to share the lessons he taught me with you.

# Defining Self-Love

What does it mean to love yourself and have self-compassion?

For perspective, it'll be helpful to look at what it means to not love ourselves. The subtitle of this book mentions self-hatred and loathing, so let's begin there. The self-hatred cycle involves the following:

1. You *notice* something about life doesn't look how you want it to look.
2. You *feel* frustrated that it's not how you want it to be.
3. You *add* harsh self-judgments to the feelings of frustration.
4. The *combination* of judging yourself harshly plus the feelings of frustration results in what we refer to as self-hatred.

Self-hatred, when broken down, is FRUSTRATION + HARSH SELF-JUDGMENTS. You'd think this is about as bad as it can get, but bring in loathing and it gets worse. You're already frustrated, judging yourself, and hating yourself. Then loathing comes in and says, "Oh, and by the way? Things will never, *ever* get better." #OhYay

I was aching for a solution after a 9-year period of living that way. My life had turned upside down and I simply could not figure out how to arrive at a place of loving myself again. How hard did I have to fight my thoughts and emotions to finally win?

Imagine being at a Rose Bowl party and some guy you just met corners you, saying, "I heard you're going through a tough relationship with your dad. You wanna tell me about it?" That was Dan, who, over 11 years later, is still a mentor and dear friend. That was the first time I'd ever had a sense that my feelings were okay just the way they were. It wasn't bad to have feelings; he was actually encouraging me to *share* them. It was the beginning of the breakthrough, which I'm now transmitting to you.

Can you really transmit a breakthrough like that through a book? I hope you'll give me a chance because, not to brag, but I have super-ninja writing skills. It's not a brag at all because these skills developed out of necessity. My normal speaking voice decided to take a hike and never come back many years ago. Life as I knew it would never be the same, and I experienced my world as having been turned upside down. What was once a tool for connection had become a long, exhausting struggle.

It's hard to connect when you can't control your pitch and tone because people don't know how to take what you're saying. They either judge or disengage. With a broken voice, I turned to email as a form of communication. That's how I developed the ability to transmit complex concepts through writing – from years of bypassing the phone and opting to describe things through email. I've landed jobs, entered into relationships, and made deals with new clients all through using the written word as a starting point.

This brings us full circle: What does it mean to love yourself? I had to learn to love a person who other people judged and didn't understand. I had to learn to love a person who people thought was drunk, mentally slow, sick, weird, and unrelatable because they didn't know what to make of his voice. Learning to love that person was hard, and I hated myself with a passion for a long time.

I wanted things to go back to the way they were. I wanted my well-functioning voice back. I wish I could tell you that's how it ended up, but it didn't. Speaking is still hard, but the difference is that I embrace who I am with love. I don't fight myself anymore or get caught up in endless cycles of frustration, self-judgment, and self-hatred about my shaky, raspy, breathy, unique voice.

My experience tells me that loving yourself means this: Creating a warm and welcoming environment for all the parts of you which you previously tried fighting, battling, rejecting, avoiding, or pushing away. If you treated another person in those ways, that person would naturally assume you hate them. The same is true when it comes to how you treat parts of yourself. Getting more specific, the “parts” of yourself I’m referring to are your **thoughts** and **feelings**. Consider this: For me, it wasn’t my actual voice I hated. Rather, it was the thoughts and feelings I had *about* it.

In reverse engineering self-hatred, we learned that it’s a combination of frustration plus harsh self-judgments. If your feelings could dissolve and your thoughts have no impact, it would be very difficult, if not impossible, to hate yourself. You wouldn’t have to fight against anything. You’d need only to apply the processes for dissolving feelings and rendering thoughts harmless. Maintaining self-love would then become easy and natural.

The good news is that I learned how to do this, I teach my clients how to do this, and now you will learn how to do this.

## Two Prerequisites

Comparing these two prerequisites to learning how to draw makes sense.

If I want to learn pencil drawing, I can read about it. In reading about it, I'll acquire knowledge about it. But if I want to *do* pencil drawing, I'll need a sheet of paper and a pencil. The paper and pencil are the prerequisites for doing pencil drawing.

In the same way, you can learn about loving yourself again by reading these pages. But if you want to experience loving yourself again, you'll need your paper and pencil. Consider these two prerequisites to be your paper and pencil.

### Prerequisite One

The first prerequisite is understanding that a lack of self-love is not natural. You weren't inherently made this way.

Before your brain had developed enough to make choices about what to believe or not believe, someone communicated to you through words, facial expressions, or actions that something was wrong with you. The message was that you weren't okay as you were.

By the time you became self-aware enough to think about your thoughts and feelings, this belief that something was wrong with you seemed normal. Just as you never questioned why the hair on your head was there, you never questioned this belief about yourself. It had unconsciously become a part of you, always running in the background.

For example, if you were upset as a child and shamed for it or attention was withdrawn from you, the message was, "There's something wrong with you for being upset." In reality, being upset is a healthy human function, whereas shaming a child for being upset is unhealthy. However, as a baby, infant, or child, you had no concept of that. So, you grew up with the idea that something was wrong with you.

You didn't have the words to describe it because you weren't aware of it, but if you could've had the words, they might've gone something like: "I didn't like how I was treated when I showed my feelings, so I won't show my feelings. I still have feelings, but my caregivers don't like them, so something must be wrong with me because I have so many feelings." Children adapt based on treatment from the caregiver, incapable of questioning whether something is off about the way they are being treated. Given the utter reliance of children on caregivers, losing the caregiver's attention quite literally equals death to the child. Thus, our brains have evolved to unconsciously do whatever it takes, even freezing and blocking our own emotions, to remain in the good graces of our caregivers.

I hope you understand you *learned* to believe something is wrong with you. It isn't natural or inherent. The good news is that since it was learned, it can be unlearned.

Here's the thing I wish you could've known: Whoever taught you that your feelings weren't okay (e.g., *Real boys don't cry* or *it's not ladylike to be angry*) was in truth teaching you how they felt about their feelings. This had nothing to do with you and everything to do with them having rejected their own feelings. They treated your sadness or anger as they treat those emotions in themselves. They couldn't see you as the individual you are because they couldn't see themselves. They could only see they had to shut you down to avoid feeling their own emotions, which were being triggered when they saw you experiencing your emotions. How you were treated is less a reflection of who you are and more a reflection of that person's relationship with themselves.

Now, there's a chance you're like I was in believing you didn't start disliking yourself until later in life due to some event or circumstance. It was the vocal cord issue for me, and you'll hear more about that later. Just know at this point that this issue made it *consciously apparent* that I didn't know how to love myself. Before then, I only thought well of myself because I could "perform." My body did what I wanted when I wanted, but now I couldn't control my voice and suddenly I hated myself. I've realized that if I didn't love myself with a voice condition, then I never loved myself in the first place. It was conditional and performance-based self-love, which isn't love at all.

To summarize the first prerequisite, the belief that something is wrong with you was forced upon you without your consent at an age when you could do nothing about it. (Likely not on purpose, but it happened nonetheless.) By the time you became self-aware, the belief seemed so normal you never questioned it. Since you learned to not love yourself, you can also learn to love yourself.

## Prerequisite Two

The second prerequisite is having the mindset that this is not an all-or-nothing situation. You're not going to either always love yourself or never love yourself.

I'd sometimes tell Ron I was completely defeated and discouraged because I had slipped back into old habits of frustration, self-judgment, self-hatred, and loathing. Jokingly, he would say, "I guess all the work you've done up until now has been for nothing!" He had a way of exaggerating what I was thinking and feeling so I could see just how ridiculous it was. In my own mind, it seemed so true. But when blown up times 100, I could see clearly that it wasn't a reliable thought to base my reality upon.

Experiencing a slip back into self-hatred or loathing doesn't mean all is lost and your journey has been useless. View it more in terms of *overall time*. Weather is a good analogy for this.

Personally, I don't like cold weather. My hands get cold and a chill runs down my spine. I'm not a fan of the extra work of packing boots and wearing layers when going somewhere. I don't like scraping ice off my car. I'd rather be hot and sweaty than cold and freezing.

2019-2020 was my first winter living in the deep South and experiencing a mild winter. Most days were in the sixties (Fahrenheit, for those of you reading this in other areas of the world). Every now and then, there was a day in the thirties. When it was 30° outside, do you think I was saying, "Come on! This is useless. I should've stayed up North." No, because I knew I was in a *warm climate*. I felt happy because I knew that soon it would be warm again.

Like the southern climate, loving yourself again isn't all-or-nothing. Overall, it's so much better than your old way of life, but there's still going to be a freezing day every now and then. When this happens, take on the mindset that it's okay. Then, continue moving forward with the steps and tools in this book.

To summarize the second prerequisite, don't freak out if you slip back into negativity occasionally. Applying what you learn here is like living in a warm climate of loving yourself. In a climate of self-love there will still be a cold day every now and then. Hanging in there with yourself when you're experiencing challenging or stressful emotions is in itself an act of self-love, as you remained by your own side instead of abandoning yourself.

### **The complete book is available on Amazon.**

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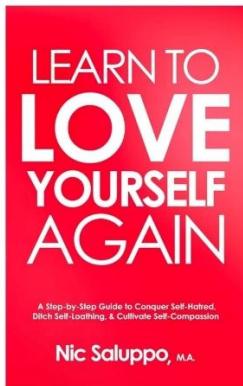
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Learn to Love Yourself Again: A Step-by-Step Guide to Conquer Self-Hatred, Ditch Self-Loathing, & Cultivate Self-Compassion (Mental & Emotional Wellness Book 4)

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4.4 on Goodreads (131)

Book 4 of 12: Mental & Emotional Wellness



This is a good book to learn self-acceptance and how to deconstruct negative self-talk.

-Customer Review

If loving yourself is something you struggle to do, this is a must read!

-Customer Review

The book helped boost my self-esteem and confidence in a way I didn't know possible.

-Customer Review

This book is teaching me to allow my feelings. I could not put it down.

-Customer Review

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