



“You’ve been
criticizing yourself
for years and it
hasn’t worked. Try
approving of
yourself and see
what happens.”
- Louise Hay

7-Steps to Self-Love for the Sensitive Soul



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Living in a culture that doesn't value sensitivity can be quite demoralizing. I know, because as a sensitive soul, I've been there too. Over the years, I have learned that you can make as many life improvements as you wish, but if you do not have an attitude of love and acceptance towards yourself, nothing you do will ever be enough.

These 7 steps may just be what you need to take yourself from never feeling like enough, to the feeling that you always have a best friend and support system right by your side. (Hint: that support will be you!)



STEP 1: COMMIT FIRST

The first step toward self-love is to make a sincere commitment to learning how to love and support yourself, even if you don't yet know how. We can easily get stuck by claiming that we can't do something because we haven't done it before, but with a sincere commitment, you will gradually take the steps necessary for you to learn to truly love yourself.

Instead of giving up when you are unsure, with a true commitment you will continue to move forward, learning as you go. I recommend using the commitment affirmation, "I commit to loving and supporting myself no matter what" and speaking this out loud multiple times a day. Feel free to be creative and use an affirmation that is personal to you. There is no time like the present to start if you are ready for a more love-filled life. It will likely take hard work, but if you commit, you can get there. No one else can bring you self-love. You have to choose it for yourself.



STEP 2: REMOVE THE CONDITIONS

If you create unreasonable conditions around what you need to do and to be like to deserve your love, you will consistently fall short. Do you really need to lose weight, have a specific job or socialize with a certain group to love yourself? Why can't just being you be enough? Remember that you are always doing the best you can. Beating yourself up over your mistakes will likely not lead you to improve in the future, but it will definitely cause the present to be more unbearable. It is time to learn to love and accept yourself through your mistakes. Perfection is a myth and life would be boring if it weren't. How would we learn? If you wait to love yourself until you are perfect, you'll never get there.

Begin today by removing the conditions around your self-love. Make a list of any unreasonable conditions you have for why you shouldn't love yourself, and pay extra special attention when those pop up in your life. Ask yourself, "how would I feel if I let that condition go?" Then choose to lovingly let it go.



STEP 3: SPEAK ONLY KIND WORDS TOWARDS YOURSELF

Begin to notice the words you use when you speak about yourself. Do you use negative words like “stupid” or “ugly” or “boring”? Or perhaps they are more subtle like being “not good enough” or a “disappointment.” If so, your words are creating more stress in your life and this make it challenging to love yourself because it’s hard to love someone who is mean to you.

If you find your inner critic is speaking badly about yourself, make an intention to replace these negative words with more kind, supportive words. “May I be kind and gentle with myself” is my favorite phrase for this. Notice the shift in your energy when you do this. Once this happens a few times, you’ll be able to refrain from speaking most unkind words that come to your mind and then over time the thoughts will cross your mind less often. When they do, you will see them for what they are, just thoughts and not truth. This can set you free.



STEP 4: TREAT YOURSELF LIKE YOUR BEST-FRIEND, OR A SMALL CHILD

As a sensitive person, it is likely that you are a kind and compassionate friend, parent, neighbor, etc. This should be enough proof for you that you do know how to be loving and supportive. Now all you need to do is apply that love and support to yourself. When feeling hard on yourself, ask yourself what you would tell your best friend in that situation. Can you try to see yourself with as much compassion as you would an innocent child? Can you recognize that deep within you is your own version of that innocent child who truly needs your love and support? Experiment with this every time you are feeling hard on yourself and notice the shift in your energy and mood.

P.S. That photo is me as a child!



STEP 5: TAKE GOOD CARE OF YOURSELF

A major part of self-love is learning to take good care of yourself. It is not loving to do things like push yourself too hard, say yes out of guilt or not allow yourself to rest. As a sensitive being, you likely may need more rest and self-care than others. You may need more alone time and that is okay. Allow yourself to take that rest you need and instead of feeling lazy or that you wasted your time, allow this to help you feel loved by yourself. Saying “no” to others is a “yes” to yourself.

Find activities to show you that you care for yourself. Some of my favorite practices are walking in the sunshine, yoga, singing, loving kindness meditation, affirmation work and journaling. Try to do one thing everyday just because you love yourself.



STEP 6: PRACTICE, PRACTICE

Another important self-love step is to continue to practice. While we intellectually know that learning requires practice, we can sometimes forget when it comes to things like self-love. Remember that each day is a new opportunity to live the kind of life you want to live. When you forget to be loving towards yourself, allow that moment of remembering to feel like a win. In that moment you have become present to the pain you were causing yourself and instead of causing yourself even more pain by being disappointed that you forgot to be loving, you then have a new beautiful opportunity to bring the love back in. In every moment you can start again with a loving attitude.



STEP 7: GET SUPPORT

Without support, we can more easily lose sight of our goals. Find someone (or even a couple of people) to help hold you accountable for being more loving toward yourself. You may feel a little embarrassed to tell someone that you need more self-love in your life, but I bet you'd be surprised at how many other people need the exact same thing. Together you can both bring more love and kindness into your own lives and the world around you. There is truly nothing more important than that.

Another way to get support is through my 8-Lesson Empowered Sensitivity Program. This self-paced program helps you stop seeing your sensitivity as a weakness and discover it to be the gift that it truly is. The entire program is designed to help you be kind and gentle with your sensitive self, and lesson 2 is dedicated to self-love and compassion. If you are really struggling as a sensitive person, I encourage you to sign-up today. As my gift to you, you can receive \$50 off with the promo code: SAVE50. [Learn more.](#)



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