

Fall in love with yourself

Anna Carlson

Everyone is in search of love, a sense of companionship, someone to spend and enjoy their time with. Oftentimes we neglect the fact that this love can be found within. Self love is arguably more fulfilling than any other kind. However self love can be the hardest of loves to find because it requires self discipline, self exploration, self reflection and a bit of what some would call selfishness. It requires time and work, something that not everyone is willing to give to themselves.

Self love is being able to fully accept oneself which means accepting mistakes, hardships, flaws and insecurities along with all of ones favored characteristics. Accepting yourself fully and finding the compassion to do so is what self love is all about.

Self love is so important. Without self love, it can be almost impossible to love anyone else. Without it life is less enjoyable. Having self love improves the relationship with yourself, others and the overall quality of life.

There is a difference between self love and selfishness. When practicing self love, one still considers the feelings of others. When someone is being selfish that consideration is not present. There is a sense of balance when it comes to self love because although one is considering other peoples feelings, their own feelings will still take president. Always remember to put yourself first, but still keep others in mind when making decisions that may have an impact on the people around you.

Finding this love comes with challenges. One of these challenges includes barriers that people put up in their life. The people you surround yourself with can be an example of these barriers. It's crucial that one observes the people around them and takes note of what those people are doing to benefit their life. Early life experiences can hold someone back from self love as well. Everyone comes from different backgrounds and for some negative core beliefs may have been developed early on in life. These beliefs can stick around for awhile which can cause implications when trying to find inner acceptance. Holding grudges against yourself also creates a huge challenge when trying to find this love. Ashlie Cox, a licensed professional clinical counselor at Holistic Therapy and healing in Cincinnati, identifies these grudges when she says, "really what it is is shame, rooted at your core." In order to love yourself, you must find a way to release this shame and all other barriers.

The saying 'practice makes perfect' applies here. Ways to release certain barriers include ; journaling, hobbies, self care and alone time. Journaling is a great tool for self reflection. It helps examine where these barriers are coming from and deep dives into your emotions. Hobbies can create time and space for enjoyment and it is much easier to find love within when one is doing things that they are passionate about. Self care can range from taking long hot baths, completing a skin care routine or booking a massage. All of these tactics help relax and sooth the mind which brings forth positive energy that one can build off of. Alone time is the perfect

time for self exploration. It can be a time where someone can get to know themselves and explore their likes and their dislikes.

Although self love may not come easy, when you put in the work to find it the rewards are so worth it. Everything in your life will improve because what you feel within will always project to the aspects outside of yourself. Relationships with others, passion, motivation, and the relationship with yourself will all be thriving when self love is achieved. Cox acknowledges the importance of self love and states after finding it the, "Quality of life is completely enhanced."