



4- Steps to Love U

You Can *Learn* How to Actually
Love Yourself

It's so easy to tell someone "Love yourself" and much more difficult to describe how to do it. I'll let you in on a secret; you gotta learn U to love U. Be willing to get to know yourself with the same kind of energy and patience you would give to anyone you care about. Start by practicing these four steps so you can cultivate authentic self-love, healing, and emotional self-care.



The truth is, we struggle with love when we avoid our needs and our heartbreak. Emotional pain is a fact of life, but, for many Black women it can feel like disappointment and struggle are a *way of life*. I know, I know, you put on your armor, you mask up and like any good superwoman you keep it movin'...but you can't outrun yourself or your trauma forever.

Yes, the word trauma is used all over the internet; but trauma is actually a deep emotional wound. It can shape your life and your relationships.

Trauma can make you feel like you're alone and unworthy.

If you've ever struggled with feeling broken or unloved, then you've struggled with trauma. Trauma blocks love, and your love can heal trauma. Healing requires your self-connection, attention, and self-compassion.

You have the ability and the power to give yourself all the love you need. Begin by making a commitment to honor yourself. Treat yourself like someone you love. Be gentle. If you've always shut down your feelings or ignored your needs, begin to practice paying attention to what you want, think, and feel.

If you can give to yourself HALF of what you give to others, you'll become addicted to that good lovin' and you'll get high on your own supply!



You can write to learn how to Love U.

Step 1:

PUT YOUR THOUGHTS, YOUR PAIN, AND YOUR FEAR IN A LETTER.

- Write out as much as you can while respecting your emotional boundaries. This is for you only. You won't be sending the letter so allow yourself to feel safe and open. Forget perfection and focus on purpose, no editing or grammar checks are required.
- Witness your truth with compassion being the supportive best friend you need.
- Research shows that writing things out has a positive effect upon the brain. Writing can help you safely release without having to relive the trauma.

Step 2:

IMAGINE IF SOMEONE YOU LOVE WAS HURTING.

- With compassion and respect, write a letter as if you were giving advice to someone in the same situation. Notice the insight and wisdom you already have.
- Acknowledge the things you could not control. Release yourself from blame for the actions of other people. Give reasons why you deserve forgiveness and peace.
- Write about what you wish you had known, but later learned. Imagine what you could learn now or how you can grow from the experience.

Step 3:

PRACTICE BEING IN LOVE.

- Write about how your life would change if you had more self-love, self-confidence, and self-worth. How would you think and feel? How would you behave?
- Recall experiences throughout your life when you displayed resilience, courage, and belief in yourself and your abilities. Write about your strength and self-validation. Own it.
- Remember how you've easily and confidently helped, supported, forgave, and moved mountains for others and you never second-guessed yourself. How would it feel to receive what you give? How empowered would you be? Would you be more certain about.

Step 4:

MAKE A SACRIFICE FOR YOUR HAPPINESS.

- Be willing to allow yourself to experience more peace and self-acceptance. When your letter is perfectly complete, it will be the perfect sacrifice for your healing and happiness. Take care to safely create a releasing ritual for burning your letter. Allow yourself to release all the pain, fear, and doubt that it represents.
- Watch it burn baby burn! Don't wait to exhale! Burn the letter and watch the paper become ashes. Imagine yourself feeling lighter and peaceful. Feel your love and appreciation. Watch the smoke rise. Breathe. Allow your burdens to be released to the divine. PUT IT ON THE ALTAR or allow nature to dissolve the energy. Feel the support of the universe. Notice the relief and relaxation you feel. Own your choice to be free and loved.





Healing is a miracle that simply requires a correction of perception. When you know that you *are* love and that you're loveable, you own your worth. The writing process works well because it helps you purge. It engages both your conscious and subconscious mind while also helping you to reduce anxiety and stress. Whenever you find yourself feeling stuck or out of balance, you can choose to relax and write.

Always remember,

Love is a decision away...

If you would like the support of a loving family, join our tribe **Self-love Special Education for Sistas with Cerita Yvonne.**

