

“He’s Gone...You’re Back! The Right Way to Get Over Mr. Wrong”

EXCERPT FROM:

Chapter 6

“Recipes for Recovery”

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Since you’ve made up your mind to love yourself you must remember this: Love is an action word. So to really love yourself you have to take action, you have to do something, so do something special, something simple, to show yourself that you *do* love yourself. This is especially crucial if you feel like you don’t love yourself due to various personal situations and/or circumstances. By doing something specifically for you - taking an exercise class, getting a facial, saying a prayer, going to a great party, soaking your feet, buying a great fitting dress you need (and can afford), enjoying a delicious and healthy meal - you are loving yourself.

The term is overused, I know. It seems that’s everyone’s solution to everything these days is “Love yourself, girl”. It seems like that’s the advice people always give. But do you know why? Because loving you is crucial. Loving yourself – unconditionally, when you’re weak and strong, fat or skinny, broke or banking - should be something you do all the time. Unfortunately, I really don’t think a lot of us know what loving self really means, nor do we really comprehend the practicality of self-love. It was hard for me, too. It took me some time to get it but eventually and thankfully the truth behind the concept became so clear.

When you love your man, your mother, your children, and your friends, you are concerned with their health and well-being. You are concerned if something is wrong

with one of them, if something isn't right. You want them healthy, strong, thriving. So you cook their favorite meal, or make that trip to the supermarket when they can't, or stay up studying with them all night so they pass that test so they get the job they want, or accepted to the school of their choice. You do whatever you can to be supportive. They like grape juice? You try to keep it in the house. Prune juice good for daddy's system? You pick some up before you swing by each Saturday, even keep your eye out for sales. You go to the hospital when they are sick, and celebrate with them when they are well. You always want to see them thriving, growing, shining. And you *do* whatever you can to facilitate and even ensure their happiness. Why? Because you *love* them. Now, take all that energy, focus, caring, concern, and compassion and turn it around. Look at yourself. Look at your life. Are you *loving* yourself? Doing what's best for you? Bettering yourself through school? Fulfilling your potential? Are *you* taking *your* vitamins, keeping *your* doctor's appointments, getting *your* rest? That's what loving yourself is. *Doing* what is best for you. *Doing* it consistently. *Doing* it every day of your life. So during your recovery you will take an active assessment of if, when and how you are actively loving yourself by asking yourself everyday one simple but pertinent question: **“What did I do to love myself today?”**

Some days will be great, as in “Today I went to the gym and treated myself to a massage” or “Today I made a fresh salad” or even “Today I finally broke out the juicer and made some fresh green juice”. But some days you will be reaching as in: “Today I drank a glass of water”. But no matter. You *will* find something because everyday we do something to love ourselves or we would not be here, living and breathing, even something as simple as “Today I washed my face” or “Today I took ten deep breaths”.

Some days, depending on your state of despair or depression, washing your face, brushing your teeth and drinking some water might be all the self-love you can muster up but no matter. This exercise will help in many ways. First of all, knowing you have to write about what you did to love yourself that day at the end of the day will make you more prone to do something loving (so you can have something to report back to your journal). Secondly, and mainly, you will begin to see that the little things do count, that no matter how bad you feel you do love yourself because of the little things you do, no matter how little like taking a vitamin, choosing water over soda at lunch, smoking one cigarette instead of the two you wanted- it all adds up and it all counts. That's right. I know we all have addictions, issues, insecurities, and doubts. We've all made mistakes, had misjudgments and done things we regret. These things cannot be your focus, and they won't be because every evening, even if it's only five minutes, you will write what you did to love yourself that day and you will begin to see that a little goes a long way, and the self-loving acts will get bigger and bigger as time goes by. If you truly find this task to be too daunting, I've tried to make it easier for you by creating a **Daily Self-Love Check List**. You can actually make a copy of it and staple it into your journal. Or put it on your refrigerator. Or stick it to your mirror. Whatever. Just stick to it!

(For a printer friendly version of the Daily Self-Love Chart, visit kerikafields.com)