



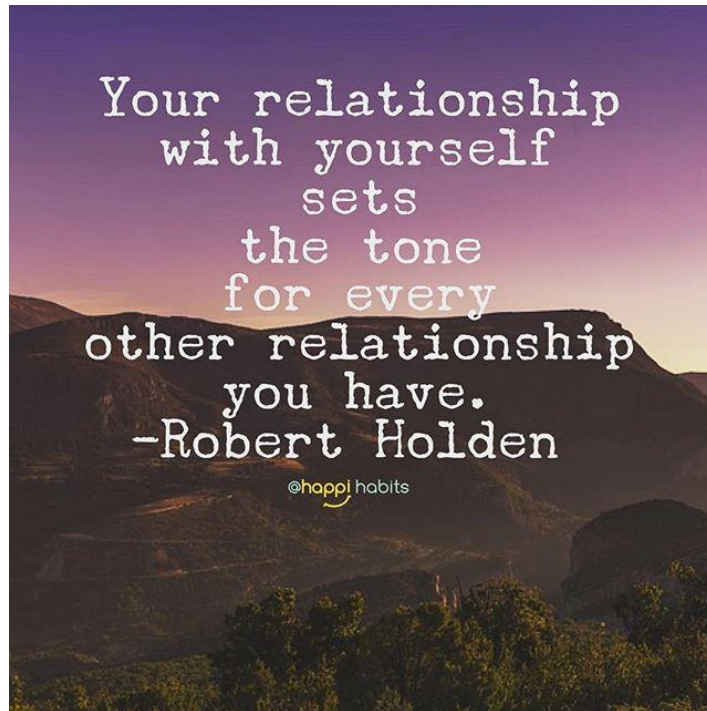
Module 5

SELF AWARENESS

4th Chakra. Self Love. Co-dependency.

Self Love

BREATHE IN THE FRESH AIR... We've reached the Mountain Peak...did you feel the shift? We've shifted from acknowledging & letting go to embracing the Gorgeous self that you've been hiding all along.



Our Next Step Together...

As we continue expanding your level of self awareness, it's time to explore how & why we stop loving ourselves.

- ✓ In module 5, you'll learn about self love, co-dependency and why we (unintentionally) block ourselves from self love. This module includes tools & resources to begin embracing and cultivating self love in your life.

Suggested Resources:

- ✓ The Four Agreements by Don Miguel Ruiz

Learning:

HEART CHAKRA

The heart (4th) chakra is located in the center of the chest and serves as the 'bridge' between the lower chakras (outer realm: needing, wanting, getting) and the upper chakras (inner realm: self expression, intuition, spiritual connection). It's the powerhouse of the human energy system. This energy center is considered the center of love, healing and compassion and its goal is self acceptance, harmony & freedom – the ability to 'soar like an eagle'.

The heart chakra contains the wisdom to empower our choices & actions in life – indicating the 'heart of the matter'. If our heart isn't in something, we avoid taking action and find ourselves spending time thinking. If you catch yourself thinking, go to the root – why am I worrying about this? What am I afraid of? What am I hoping for? What might happen if I go through with this? Figure out the heart of the matter so you can move forward.

It is within this chakra that we:

- Forgive others & let go of our pain stories
- Allow ourselves to thrive & love with full freedom
- Love, hear and nurture others without taking on their story, pain or struggle

Healthy 4th Chakra

When our heart chakra is healthy and flowing, we find ourselves receiving freely then giving out of our excess. We feel comfortable in relationships, give & receive easily and feel confident because all of the love & acceptance that we need comes from within us. When balanced, we feel loved and loving, empathetic towards others and we tend to bring these same qualities out in those around us.

When this chakra is overactive, we find ourselves feeling entitled & jealous of others, often blaming our problems on others or giving too much. When underactive, we feel afraid of rejection, unloved and find ourselves feeling pity, victimhood and neediness.

How It Relates to Intuition

Our heart chakra directly influences the depth of our intuition because if it is blocked, we seek love, acceptance & approval outside of ourselves...which 'filters' our perception and knowing of the truth in interactions with others and keeps us in our mind thinking & analyzing (instead of feeling & sensing truth/intuition).

When our heart chakra is balanced & open, we are not dependent on a person or situation to be how we want – which frees us up to 'see' things for exactly what they are (i.e. clear knowing, seeing, sensing, feeling, hearing).

Tool #1:

ASSESS YOUR HEART CHAKRA

1. Acknowledge the physical states of your heart chakra

****Circle all of the options below that apply to you**

Heart Issues	Breast Cancer	Breast Issues
Heart Attack	Chest Pains	Asthma
Pain between Shoulder Blades	Immune System Deficiencies	Shortness of Breath
Circulation Problems	Shoulder, Arm or Hand Issues	Other: _____

2. What do you find yourself saying, do or being?

****Circle all that apply to you**

I'm afraid of commitment	I commit with confidence & ease
I'm fearful of losing relationships	I trust in my relationships
I seek to be acknowledged, thanked or appreciated	I give with no expectations
I feel emotionally closed off towards others	I am emotionally open with others
I find myself guarded & push others away	I am open & trusting of others
I feel I have been wronged or mistreated	I feel gratitude for my life & experiences
I over-give to others & ask for nothing in return	I receive & give with ease
I struggle to ask for & receive support	I ask for & receive support easily
I often feel isolated or lonely	I feel supported & loved

3. Indicate with an arrow how open you believe this chakra is:

Closed				Balanced				Overflowing		
0	1	2	3	4	5	6	7	8	9	10

Learning: SELF LOVE

We've explored how we unintentionally take on other's boundaries & values in an attempt to please others, to fit in and to maintain harmony. Moving into module 5, we shift into identifying how & why we create co-dependent relationships with people in our lives (unintentionally) to satisfy our need for love & acceptance.

SELF LOVE

Similar to our personal need to spend time alone (or in the company of others), we each have our own requirements for energy, fulfillment or 'love'.

Self love comes from our moment to moment acceptance, approval, validation and acknowledgement (or denial) of all parts of Who We Are (personality, strengths, passions, values, etc), of our choices & decisions and of our failures & successes.

Self Love is a way of accepting and nurturing ourselves for the purpose of our own personal well being and growth (vs. the well being of others).

- ✓ Self Love is not about boasting, bragging or ego, but rather, it is a quiet acknowledgement of and caring for ourselves regardless of the thoughts and actions of others.
- ✓ Self Love is meant to be a continual, constant acceptance & approval of oneself
- ✓ Self Love IS self worth and self value

Weak Sense of Self-Love

When our level of self love is weak or insufficient, we feel insecure and/or a lack of energy, fulfillment and peace in all that we are (and aren't), what we are or aren't involved in and what we do or don't become.

We:

- ✓ Feel 'responsible' for others' happiness, inclusion or well being
- ✓ Take on other's drama, fears, emotions & problems as our own
- ✓ Feel the need to please others

We NEED others to accept, approve & validate us (because we aren't doing this for ourselves).

- We never know what will be 'required' in order to feel included and accepted and so we feel uncertain & anxious: we struggle to figure out whether we should or shouldn't attend events/activities, say our opinion/true feelings or show up authentically as who we truly are.

When we do not embody and nurture self love, we experience an **inconsistent flow** to our life through fluctuating energy levels, emotions and desire for life.

Our emotions & energy are inconsistent
because we require others to provide the
energy, love & acceptance that we need.

Strong Sense of Self-Love

When our level of self love is strong or sufficient, we feel a sense of confidence, energy, fulfillment and peace in all that we are (and aren't), all that we do (and don't do) and all that we say (and don't say).

We:

- ✓ Let go of feeling 'responsible' for others' happiness, inclusion or well being
- ✓ Support others for who they are and what they're going through (but we don't take that on)
- ✓ Acknowledge and accept the innate value & worth of Who We Are

We don't need others to accept & approve of us because we already accept and approve of ourselves – quirks and all. We allow others to show up as who they are, knowing that who they are has no bearing on who we are. Other's acceptance, approval or inclusion of us (or lack thereof) simply guides us to know that we've found our group or community of people (or that we need to seek elsewhere).

When we embody self love,
we naturally experience a consistent
flow to our life, energy levels &
emotions from day to day.

Our moods are more consistent because WE are providing the energy, love & acceptance that we require. Even during challenging days/weeks, we are able to recognize and provide the nurturing and self love that we need. We move out of relying on others as our (inconsistent) source of love and move into relying on ourselves as our own consistent, reliable, constant source of love.



Figure 1.0 Sources of love, energy & fulfillment in life

Tool #2:

ACKNOWLEDGE

Let's continue your journey this week with acknowledging what's TRUE for you in terms of your Self Love.

****Circle all that apply to you**

My daily energy and emotional moods are:

Highly variable & inconsistent

Fluctuate slightly day to day but consistent overall

Low and somewhat depressed

Moderate to high and generally positive

Leading up to an event/activity out of my comfort zone, I typically feel:

Insecure

Confident

Uncertain

Relaxed

Worried

Anxious

Looking forward to it

Wishing to avoid it

During an event/activity out of my comfort zone, I typically feel/am:

Insecure

Confident

Uncertain

Relaxed

Hyper-sensitive to others

Withdrawn & analyzing

Noticing others presence

Noticing my inclusion

After an event/activity out of my comfort zone, I am often:

Exhausted

Confident

Unsettled

Relaxed

Wiped out

Tired

Worrying

Analyzing

In terms of my self, I:

Fully accept & approve of myself

I judge & criticize myself regularly

Show up fully as Who I Am consistently

Show up prepared to fit in & be included

Choose things based on my desires & passions

Choose things to please others & gain acceptance

Spend time socializing & actively being included

Spend time exploring Who I Am & growing

Learning: **CO DEPENDENCY**

What exactly is co-dependency? Co-dependency can be defined as a type of dysfunctional relationship where one person either consciously or unconsciously supports (or enables) another person's immaturity, irresponsibility, under achievement, addiction or poor mental health.

When we're co-dependent, we feel responsible for other's feelings, actions, choices, thoughts, wants, needs, lack of well-being and their ultimate success in life. We may feel pity, anxiety and/or guilt when another person has a problem, challenge or stress in their life and will feel an urge to solve the problem for them.

At the subconscious level, this undeniable focus on others accomplishes two things:

1. Enables us to avoid our truth and dealing with our own issues (self sabotage)
2. Provides the opportunity to find approval, acceptance & love through others

*Among the core characteristics,
the most common theme is an excessive reliance
on other people for approval and identity.*

It's okay, we all find ourselves among co-dependency at different points along our journey!

Let's be honest, we've all searched for approval, happiness and validation in others and/or things. We've bought or sought everything from clothes and cars to vacations, education & relationships in an attempt to gain approval and find happiness. But inevitably, after the thrill of new possessions or the flattery of fresh compliments fade away, we're left feeling as empty as before.

Co-dependency is a mindset trap that puts
other people
in charge of our own happiness.

(What's more, we often **hide** our coping behaviors from ourselves.)

This reliance may be realized through:

- ✓ Needing approval/acceptance *before* allowing yourself to make a decision
- ✓ Feeling moody or sad when you feel unwelcome or on the outside in a group setting
- ✓ Feeling exhausted, drained or emotional after socializing

Consider:

- ✓ Have you ever felt awkward and nervous in a crowd?
- ✓ Have you ever questioned your own choices and then sought out someone else's opinion to validate them?
- ✓ Have you ever put up with a partner's behaviour because you were afraid of being rejected and left all alone?

*We develop habits of codependency when
we believe other's opinions
are more important than our own.*

These habits persist because, fundamentally, we don't see ourselves as worthy.

But why? At some point in our lives we were harshly judged, criticized, or rejected for being our authentic selves. Perhaps we were dumped by a boyfriend, ridiculed by bullies, or censured by our parents. Regardless of the specifics, it was a painful experience that, subconsciously, we did not want to repeat.

...Subconsciously, we learnt that it's dangerous to love & accept ourselves for **Who We Are**.

Tool #3:

CO-DEPENDENCY AWARENESS

You can hardly expect to rid yourself of co-dependency without first acknowledging it's prevalence in your life. Yes, co-dependency and blocks to self-love go hand in hand. So, let's get to acknowledging them so you can release and move forward, shall we?

****Check all of the statements that apply to you in your relationships**

- ☐ I am always taking care of others (I rarely have time to take care of me)
- ☐ I feel responsible for other people's thoughts, actions, choices, wants, needs, well being, success, or other
- ☐ I feel compelled to help others solve their problems
- ☐ I feel angry when my help isn't received or isn't effective
- ☐ I anticipate other's needs & wonder why they don't do the same for me
- ☐ I often say 'yes' when I mean 'no' or should say 'no'
- ☐ I often please others instead of myself
- ☐ I feel bored or anxious if there isn't a crisis/problem to be solved or helped

Co-Dependency is using a relationship to fill a bottomless void due to not feeling

whole and loved

It's not the need to be loved that's the issue,
it's the inability to love one's self that causes the dysfunction.

- Graham R White

SELF LOVE

Self Love is something we're ALL born with...at birth, there is no lack of self love. But, as we grow, learn and take in our surroundings, our core need to be loved by our loved ones (family, friends, etc) takes over and results in various types of blocks that prevent us from loving ourselves.

2 TYPES OF SELF-LOVE BLOCKS:

1. Feeling Unworthy (undeserving, un-loveable or not good enough)
2. Feeling that Self Love is Dangerous

Unworthy of Self Love

If this is a self-love block for you... In the past, someone important in your life didn't love and approve of you for Who You Are, so you adopted the belief that you aren't worthy of love & approval and now seek that in others.

Self Love is Dangerous

If this is a self-love block for you... In the past, someone inflicted abuse or trauma on you and you haven't forgiven yourself or them. You likely cope with the underlying hurt by suppressing your emotions, anger and/or hurt. In the past, when you embodied your true self, judgement, harassment, etc came your way. These situations taught you that to be YOU is dangerous.

The Bottom Line... if you haven't accepted your own self worth and refuse to provide your own self love, then you likely depend on others approval, love and acceptance to feel happy, content and loved. Furthermore, the reason behind 'good' days and 'bad' days is that if others don't approve, accept or appreciate you, you fall short on your daily love requirements and feel crappy (worn out, exhausted, irritated).

Tool #4:

ACKNOWLEDGE YOUR BLOCKS

So now that you've gained an understanding of Co-dependency and Self Love, let's create some ownership and awareness around your personal level of self love, shall we?

****Check all that apply**

BLOCK # 1 Loving yourself for YOU is dangerous

☐

You secretly feel like you have to wear a mask to be approved of.

You've felt judged, teased or picked on for being your authentic self at some point in your life. To avoid that in the future, you do your best to disembody those characteristics that caused the pain in yourself.

☐

You find it hard to show up as you, especially in crowds, adopting either a defensive strategy (**downplaying who you are, being quiet or withdrawn**) or an offensive strategy (**turning up the volume and being high energy, loud or a smartass**) to cope.

☐

You have difficulty receiving and accepting love. You don't want to feel like you owe anyone anything (or be judged by them) so you hold them at a safe distance, dismiss their compliments, or downplay their affection.

BLOCK #2 You feel unworthy, unlovable, not good enough or undeserving of self-love

☐

You work really hard to prove that you deserve money, status, recognition, etc. You do this because you actually don't believe it. So you're a chronic under-earner, don't charge enough for your services, you work to the point of exhaustion, or don't advocate for your own advancement.

☐

You find yourself skeptical when people show up actually caring about you. You don't give yourself the same care. You wonder what they want and question their motives. You push them away thinking they're weird or manipulative.

☐

You don't believe others when they compliment you on your looks, attitude, skills, etc. You laugh off the praise, use self-deprecating humor to deflect it, or immediately return the compliment. ***They see what you won't allow yourself to see.***

<input type="checkbox"/>	<i>You find it difficult to honor yourself.</i> As a result, you never spend money on yourself (not deserving of material things) or you spend all of your money (not deserving of financial wealth).
<input type="checkbox"/>	<i>You believe that you have to work hard for what little you have.</i> You miss out on all the ways to allow money and wealth to flow into your life (you believe you aren't worthy of receiving it).
<input type="checkbox"/>	<i>You suffer from low energy and/or regularly feel pain in your body.</i> <i>You feel unworthy of health and vitality</i> , are disconnected from your body and so energy doesn't flow easily.

It does not matter how many checks you have in the above exercise – this is not about labeling you as ‘good, bad, strong or weak’, rather, it’s about identifying what *is* in your life and to begin to see (perhaps for the first time) the kind of automatic thinking and conditioning that has been guiding your life.

REFLECTION QUESTIONS:

1. Where have you been trying to make the ‘right’ choices or live the ‘right’ life (relationships, jobs, clothes, activities, etc.) so others will approve of you?
2. What behaviours do you use when your self-love block(s) is active? (Ex. being a smartass; being overly nice; putting up with another’s poor behaviour)
3. What are you realizing or becoming aware of?

Tool #5:

WHERE ARE YOU AT?

After learning about co-dependency and self-love, I'm feeling:

****Circle all of the words that apply to you**

Relieved	Excited	Surprised
Motivated	Overwhelmed	Intrigued
Frustrated	Determined	Clear
Aware/enlightened	Inspired	Curious
Other: _____		

As a result of becoming more self aware and learning how to embrace & cultivate self-love, I am acknowledging & appreciating my:

****Circle all of the words that apply to you**

Self-Worth	Self-Value	Self Love Needs
Past Insecurities	Past Challenges	Relationship Challenges
Energy Fluctuations	Need for Interaction	Need for solitude
Other: _____		

This Week's Daily Affirmation:

I am learning to _____ and let go of _____
so that I experience _____ in my life, relationships and activities.