

SELF LOVE

SCHOOL JUNIOR

WEEK 2:

SHOULDING ON OURSELVES

# I SHOULD LIST

**A Write I SHOULD at the top of your page.**

List all the ways you could end that sentence. All the things you should do, should have done, be doing, or get done.

# I SHOULD LIST

Who here wants more pressure, stress and ways they can be wrong and not enough??

We do not need more of that in our lives. We need more freedom to be ourselves. More approval. More space for creativity. More feeling safe to be ourselves, express ourselves and do what we came here to do! (Which I believe is to BE the fullest expression of ourselves and experience things for God.)

**Reread your list and say... “If I really wanted to I could...”**

# I SHOULD LIST

Why haven't you?

don't want to, afraid to, don't know how to, not good enough to

Where did these beliefs come from? Who's voice? Who told you? Fam, Teachers, TV, Friends, Culture

As you know by now you do not need to believe your beliefs forever. Beliefs are thoughts we've been thinking for a long time.

A lot of things we think we *should* do are not things we ever actually *wanted* to do. We did it to please someone else or to gain approval.

# NEGATIVE MESSAGES

## **What negative messages did you hear growing up?**

From relatives, Teachers , Friends

Boyfriends/ Girlfriends

Authority figures

Church/Religion

Movies/TV shows/ Comedy

Money, Your Body, Your facial features, Your creativity, Your homework, Your intelligence, Your worth, Love relationships... AND OTHER PEOPLE'S. What messages did you get about a woman's worth? Her place? Her body? Her sexuality.

When we are egocentric from 0-7 we take on these stories as our own.

# WHAT'S WRONG WITH YOU?

**What do you criticize yourself for? What is wrong with you?**

**(May coincide w/ your SHOULD LIST)**

# EXERCISE

1. Get a photo of you at age 5-7 years old. And grab some tissue, you may need one
2. Look at her for a few moments. Look in her eye, remember what it was like to be that age.
3. Is she happy? Sad? Cared for? What do you see?
4. If you had a nickname use it in this exercise. It's tempting to want to skip this or say it's silly or now you have to pee all of a sudden but please do this.
5. Look into her eyes, remember what it was like to be her. Now start talking. Open your heart and share your deepest thoughts. What would you say to her? What did she need to hear? If you were her mom what would you give her that she needed.
6. **Finish with: I love you first name. I am here for you. You are safe.**