

**“Love is not words, it’s actions. Love isn’t a feeling, it’s a decision.”**

Steven Furtick

*discovering ways to ‘actually’ love yourself based on the Five Love Languages*

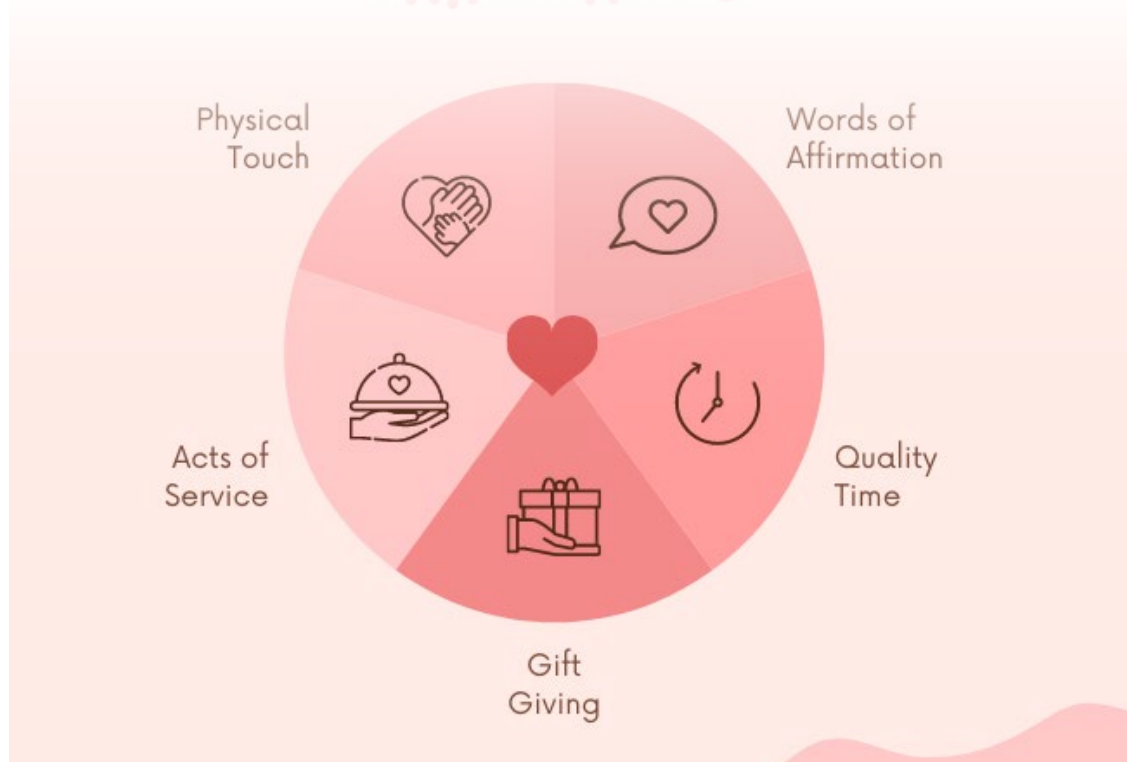
# LOVE IS A VERB: FIVE LOVE LANGUAGES

The Five Love Languages (all action-oriented ways of showing and receiving love) have helped millions of couples connect and enjoy loving relationships. The concept has expanded to include parenting as well.

This practice applies The Five Love Languages to create a loving relationship with ourselves through action-oriented methods. Love is a verb. It is seen, heard, and felt.

It is essential to be loving towards ourselves. In fact, it is our #1 job, along with ensuring safety. Love is a verb. If you are not prioritizing and loving yourself, you will inevitably have symptoms - mental, emotional, physiological, behavioral, relational, physical and possibly medical symptoms (disease).

The Five Love Languages give you succinct ways to love yourself. Use this worksheet to discover ways to love yourself, using The Five Love Languages.



## EXAMPLES OF HOW THE FIVE LOVE LANGUAGES PROVIDE SELF-LOVE

**QUALITY TIME** What do you enjoy doing with your free-time? Possibilities are endless. Enjoy a bath, a walk, coffee, movie, music, people-watching, travel, etc.

**WORDS OF AFFIRMATION** Use words to appreciate, understand, compliment, and encourage yourself. Journaling is also powerfully loving and affirming.

**ACTS OF SERVICE** There are infinite possibilities to be of service to yourself! Clean your home, prepare a meal, brush your teeth, organize your closet, fold your laundry, etc.

**PHYSICAL TOUCH** Cuddling with a cozy blanket or even a stuffed animal, applying body lotion, enjoying a pedicure, getting a massage, hugs, and other sensory pleasures.

**RECEIVING GIFTS** Giving yourself gifts can be incredibly satisfying. From saving up for your dream car, to buying a cute t-shirt, to buying your favorite cereal.



**You cannot get self-love from outside yourself - not from others, not from awards nor validation, not from the past or future. Self-love exists in the present moment. It is intentional and action-oriented.**

### *one* QUALITY TIME

What does quality time with yourself look like? One of our greatest fears is being alone and the feeling of loneliness is one of the most painful emotions we have, rightfully so. We humans have an innate desire, as a social species, to be with others, to impress people, to be liked, and to 'fit-in.' This is why feeling alone, or the mere threat of rejection or not belonging, is so painful. Yet, if we keep running from feeling alone, we will inevitably feel resentful towards others and towards ourselves.

Learning to enjoy quality time with yourself is one of the most empowering, self-loving ways of being. It takes the focus off others, and brings the focus towards your Self. It is intentional and present. You'll know you're doing it right, when you literally feel a sense of connection and compassion for yourself in the moment... even if it's for a moment.

Imagine having a full day to yourself to do whatever you wanted, what would you do? Possibilities are endless. Enjoy a bath, a walk, a hike, a cup of coffee near a river, listening to music, people-watching, traveling, sleeping, etc. Free-write naturally.

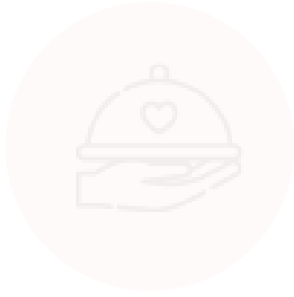
What do you enjoy doing with your free-time? What do you want to make sure you do more of on a daily basis?

**Love is not just feelings of care or desire. If your partner isn't spending quality time with you, holding you, giving to you, or interested in what you have to say - or worse - they are lying or ridiculing you, the words 'I love you' are not enough. You can't convince yourself they are, even if you want to. The same goes for self-love and how you treat yourself.**

What did you enjoy doing as a child? Recall and describe enjoyable moments you had as a child spending alone time.

List bucket list items = big experiences you want to do in life, such as traveling, adventures, and big goals.

Use the Oxytocin Boosters list for more ideas, such as meditation, etc. Also, use your Simple Comforts worksheet. Makes sure you save this worksheet before clicking on the link: <https://www.creatingyourbalance.com/oxytocin>



**"I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival."**

Audre Lorde

## two ACTS OF SERVICE

Similar to Quality Time, but more action-oriented. Be of service to yourself! Ideas include cleaning your home, making your bed, preparing a meal, brushing your teeth, and organizing your closet.

What actions are you already doing on daily basis that ensure you are taking care good care of your health?

Imagine having a full day to yourself to do whatever you wanted, what would you do? Possibilities are endless. Enjoy a bath, a walk, a hike, a cup of coffee near a river, listening to music, people-watching, traveling, sleeping, etc. Free-write naturally.

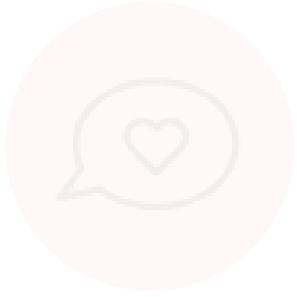
**“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere.”**

the BUDDHA

How important is it to you to have a clean, organized home and life? What chores are most important to you?

Recall a time someone did something amazing for you and how it felt to receive their act of service. How can you provide yourself with more acts of service that are meaningful to you and would feel especially loving for yourself?

Free-write any additional thoughts and ideas you have about providing yourself with consistent acts of service.



**“Like being in a relationship, practicing self-care and self-love takes time, patience and a level of commitment.”**

Caitlin Killoren

### *three* WORDS OF AFFIRMATION

Words of Affirmation entail speaking and writing to yourself through journaling in order to appreciate, understand, and encourage yourself. What areas of your life do you feel are deserving of affirming? What aspects do you feel proud of? What aspects need more encouraging? Discover ways to provide yourself with meaningful Words of Affirmation.

What do you feel most proud of? Being a hard-worker, paying the bills on time, keeping a clean house, being responsible? Are you proud of your high values? Are you always there when your friends need you? Describe what you're surely proud of.

What areas in your life are you feeling under-appreciated? As if no one notices how hard your working, caring, etc.?

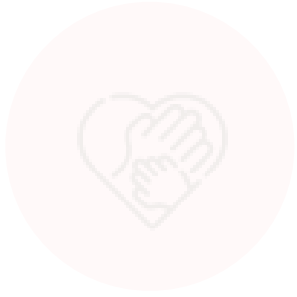
If you could get the validation and appreciation you're craving or wanted, what would it be for. Who would you want to give you these words of appreciation? What words would they use?

Describe a time you were told how much you were respected and/or appreciated. What did they say? How did it feel? What made this important to you? How can you give yourself more appreciation like this?

Summarize what you've learned so far about Words of Affirmation from your answers above. What areas in life do you want to appreciate yourself more for? How can you use words to value and validate yourself more?

Describe at least one person who inspired and/or encouraged you in life. It can be a supportive friend, teacher, parent, family member, coach, mentor, etc. What was it about this person's attitude and words that resonated with you?

How can you provide yourself with more words of affirmation on a daily basis, like a daily journaling practice for example?



**“You yourself, as much as anybody in the entire universe, deserve your love and affection.”**

Sharon Salzberg

#### *four* PHYSICAL TOUCH AND SENSORY COMFORTS

Cuddling with a blanket, applying lotion, pedicure, sensual pleasures and more. Touch is one of our 5 senses (touch, smell, taste, see, and hear). To ensure you are providing yourself with comforting and pleasurable sensory experiences is an essential component for self-love. In fact, children who are not getting their sensory needs met, experience more anxiety and what is labeled as AD(H)D type symptoms. Stress balls, fidget spinners, slime and other sensory toys are proven to reduce anxiety and provide calm. The same goes for adults. Physical Touch isn't just sex. It involves tactile activities that satisfy sensory needs and wants, like finger painting, pottery, coloring, gardening, and baking

What activities help make you feel comfy and cozy that you can incorporate for self-care? Snuggling with a soft blanket in comfy pj's? Enjoying a warm bubble bath? Yoga? Exfoliating? Applying lotion? Getting a pedicure or a massage?

What sensory (hands-on) and creative activities did you enjoy as child, like coloring, playing with play-doe, in the sandbox, or finger-painting? What do you enjoy as an adult? What would you like to do more of as an adult?



**“It’s easier to show love toward others than toward ourselves. I’m not advocating a narcissistic type of self-love but an attitude of compassion and acceptance toward yourself. Without self-compassion and self-acceptance, we can never truly feel at peace.”**

Deb Chitwood

Mindful Self-Compassion (MSC) and Grounding Exercises provide evidence-based practices for Supportive Touch. These practices boost oxytocin, activate the Soothing System and parasympathetic nervous system to help us feel calm and good. Take a look at the practices and see if there are any you’d like to try. Save this worksheet before clicking on links.

Grounding Exercises <https://www.creatingyourbalance.com/grounding>

Mindful Self-Compassion (MSC) Supportive Touch: <https://self-compassion.org/exercise-4-supportive-touch>

Summarize what you’ve discovered so far and add more ideas to fulfill Physical Touch and sensory needs with action-oriented self-care. Add more ideas. Include types of exercise too, like stretching, yoga, walking barefoot in the grass, etc.

Use Oxytocin Boosters list for more ideas, like snuggling with your pet. Also, use your Simple Comforts worksheet.

The Oxytocin Boosters list is accessible with this link: <https://www.creatingyourbalance.com/oxytocin>



**“I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do.”**

Brené Brown, PhD

## *five* RECEIVING GIFTS

Giving yourself gifts can be incredibly satisfying. From saving up for your dream car, collecting and cherishing jewelry, to buying a simple, comfy t-shirt, or even getting your favorite cereal.

What things bring you joy - items you can purchase? Certain snacks and foods, decor, clothes, moisturizers, candles, fresh fruit, beauty items, valuables?

Do you have any collections? Did you collect anything as a child, like a sticker collection? Is there a collection you'd like to start now that you think about it?

What things do you want to make sure you regularly buying and giving to yourself? Fresh flowers, daily coffee, etc.?

**“The most powerful relationship you will ever have is the relationship with yourself.”**

Steve Maraboli, *Life, the Truth, and Being Free*

What bigger or more valuable items have you been dreaming about getting? A new home, car, dream vacation?

How does it feel to have these big desires? Do you see how allowing yourself to dream and desire is self-loving?

Of everything you listed, which gifts are most important to you? What else is getting in your way getting the highest priority gifts for yourself? How can you get to the point to where you are providing yourself with more desired gifts?