

## **GUIDE TO LOVING YOURSELF**



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Tiny Buddha's Guide to Loving Yourself is a collaborative effort, including 40 blog posts from tinybuddha.com, for that reason. So much of our resistance to loving ourselves has to do with shame the thought that there's something wrong with us for what we're going through.

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At first it might seem like you are lying but eventually loving yourself will become automatic. 5. Become honest with yourself. Now that you have taken a look at the good stuff it s time to look at the bad stuff. Recognizing the things you consider bad about yourself isn t the same as talking yourself down.

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### **Loving yourself is really f ing hard here s how to do**

The negativity bias, attentional filters, and other things that make loving yourself difficult. Imagine that two

articles about you have just been published. The first raves about you and your work. It claims that you are God's gift to humanity, showers you in praise, and encourages everyone to follow your lead.

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