

The Healing Sanctuary

with Melissa Field

Self-love reflection questions
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I now want you to just take a moment to reflect on the relationship you have with your Self. You might want to call up your inner monologue and how you talk to yourself. You might see it in a visual way, and see yourself standing before yourself, and notice if you radiate anger or frustration, and just see how you treat yourself. Just sit with your own self and let an honest picture of your self-relationship come forth, and if any judgement comes up just say, "Thank you but no" and let it go.

Now that you have an idea what your relationship with your self is like, I want you to remind yourself that you're doing the best you can.

And now I want you to tell yourself the nicest compliment you can. Speak to yourself with the love you would give to your best friend, and keep repeating the compliment and let it grow, perhaps allowing in other kind words, just repeating these words of love and kindness.

Now I want you to tell yourself all the reasons you are worthy of love.

And now tell yourself what makes you strong, brave, and courageous. Remind yourself of what you've overcome, the times you went outside your comfort zone, and what you're truly capable of.

Now remind yourself of your positive qualities. Remind yourself of your gifts, talents and strengths. If these are hard to think of, then start by asking yourself what you like. What are your hobbies and interests? Sometimes by looking at what we're drawn to, we can see it's showing us a positive quality in our self.

And now I want you to see yourself the way the creator of the universe would see you. Imagine that you have been created by the Divine source of all that is, and that this Divine energy is looking at you right now. It is holding you in its gaze of unconditional love. What does it see?

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And now give that love to your own self. See your own self the way the creator of the Universe would see you. See your own self with that unconditional love.

Now I want you to take a big, deep breath, and as you do so, repeat to yourself, “I’m here. I’m with you.”

And now do that again, and repeat to yourself, “I see you. I hear you. I’m listening.” And as you do this, affirm that what you see and hear within yourself is important to you. Let yourself know that what you feel and experience is a priority to your own self.

And now I want you to think of something you want to accomplish, a dream or goal, and give yourself the best pep talk you’ve ever received. Let yourself know you are worthy of this, and all the reasons why you can do it.

And now, think of something about your own self that you really struggle with. It might be about your body, how intelligent you think you are, just something that you really get down on yourself about. And then tell yourself all the words you need to hear. Tell yourself all the soothing and supportive things that your heart is yearning for.

And now I want you to tell yourself what you are worthy of and deserve in a partner. How should someone treat you? What do you want and value that are worthy of having?

Continue your self-love and healing journey in the private version of The Healing Sanctuary! This is my version of Patreon, and I use my own server because it allows me to organize and share all the meditations and visualizations in an easy to use and accessible way:

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