

Love & Be Loved

START WITH LOVING YOURSELF.

Being happy with who you are and what you have to offer the world is a vital part of self-esteem and your overall well-being. Having a strong sense of self helps you deal with feelings of rejection that can come with a job loss or a falling out with a partner, friend, or coworker.

Action Step

Set aside time from your hectic day or week to engage in activities that you love being a part of. And make concrete plans to spend one-on-one time with your partner or soul mate.

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

- Buddha

BUILD YOUR OWN SENSE OF SELF-WORTH.

- “Know thyself.” Define who you are in a way that does not depend on what other people think. Accept your weaknesses, but focus on your strengths. Accept others for their strengths and weaknesses, too. Trying to change other people is not realistic and can lead to them feeling rejected.
- Do things you love and are good at. The more time you spend doing things you love to do, the better it makes you feel. Doing things that you are good at gives you pride and raises your self-esteem.
- Look on the bright side and be with positive people. Positive energy spreads from one person to the next like an electrical charge.
- Speak in an assertive way. This is expressing your wants and need without hurting the feelings of others or putting them down. This helps prevent an aggressive response which can lead to feeling rejected.
- Be with and make new friends who have the same interests.
 - Take a class.
 - Join a scrapbooking club or book readers group.
 - Play a favorite sport.
- Seek a support system. If you need help to feel accepted for who you are, be with family, friends, and coworkers who care for you without judgment. Join a support group with others who understand what you are going through and will accept you.
- Share intimate times with a partner. Raise your level of oxytocin, the “love hormone,” through a close, intimate relationship. This includes physical closeness through holding hands, hugging, and caressing, as well as sex. It also includes being willing to share your most private thoughts.