

Self-Loathing



When looking at this diagram, please look at it alongside the self-love diagram. You will notice there is a cyclical pattern driving both experiences and unless this is understood one is unlikely to break the bondage of self-loathing or experience the power and momentum of self-love. The diagrams also help to illustrate how both experiences are in fact self-sustaining; they feed off themselves. And so if you want to break free from a self-loathing pattern you have to stop neglecting the self and find ways to care for you. It is only when you start caring for yourself that your lack of self-nurture will be inverted and then generate powerful habits for positive change. It is these positive habits of care and nurture that in turn build your self-respect and as a consequence your disrespect is eroded. Then your self-respect will, like the phoenix, rise out of the ashes of self-harm, neglect and indifference and soar into the loving embrace of self-love. This is a journey well worth taking, it is a very simple journey if you follow the principles outlined with quiet resolve and consistent application (see How To Achieve Self-Love). You will then find that self-love ceases to be a mirage, always out of reach, and is in fact a wonderful oasis able to quench your deepest thirst....