



how to love better

WORKBOOK

yung pueblo

self-love

It all starts with self-love. Whether we're in a relationship or not, we can all love ourselves better and when we put effort into growth and releasing tension, that light and harmony will flow into every aspect of our lives and relationships, elevating our whole experience here on earth.

What do you love about yourself? What are some qualities you've worked hard on and are proud of yourself for developing? How did you build them up in yourself?

Balance is one of the best ways to love ourselves better, we work hard to support ourselves and those who depend on us and at the same time we take care of our needs for health, laughter, wisdom, connection, growth, and rest. Which of these pillars is out of balance for you right now and how can you bring it back into harmony?

What would you like to change about your daily routine? Describe your perfect daily routine, including activities that you like to spend your time on:

- ☐ Wakeup time: _____
- ☐ Morning practices: _____
- ☐ Movement: _____
- ☐ Evening rejuvenation: _____
- ☐ Bedtime: _____

three major steps of growth & self-awareness

Radical honesty — You can't change what you don't acknowledge.

- What truth have you been avoiding that will help you see yourself more clearly?
We can't face what we can't see and admit to ourselves.

Positive habit-building — Choose specific and attainable goals. Don't try to change everything at once.

- What are one or two habits you want to integrate in your life? It can be very simple or something you've been wanting to do but avoiding for a while. Can you make a reachable goal to do this daily or weekly for a certain amount of time? Be as specific as possible.

Unconditional self-acceptance through self-awareness – The paradox is that we can only move forward when we can truly accept ourselves as we are in this moment; it is this awareness that makes growth possible

- What is an aspect of yourself that you want to acknowledge and accept while also knowing you may grow out of this in the future?

What growth tool is your intuition guiding you towards? Choose something that is challenging but not overwhelming, and then write down a few solid steps you can take to start on this path of self-love. Remember, consistency is key, as is balance; don't be overly hard on yourself:

- ☐ Meditation _____
- ☐ Therapy _____
- ☐ Psychiatry _____
- ☐ Writing/Journaling _____
- ☐ Spending more time in nature _____
- ☐ Spending quality time with loved ones _____
- ☐ Setting boundaries _____
- ☐ Prioritizing self-care _____
- ☐ Living your truth _____
- ☐ _____

When have you done a great job of loving yourself well? What was working at that time?



self-awareness

Awareness of ourselves and our habit patterns is the first step in being able to address them, release them, and love ourselves more fully.

We get easily attached to a few major categories, which brings rigidity and tension to our lives. Below, check off your major attachments. After each box that you check, describe this attachment more specifically.

- ☐ Your ego _____
- ☐ The image of yourself in your own mind and in the minds of others (i.e., wanting to be seen as . . .) _____
- ☐ Your identities _____
- ☐ Your opinions and beliefs _____
- ☐ Things going the way you want them to go _____
- ☐ Pleasant sensations _____
- ☐ Control _____
- ☐ People _____
- ☐ _____

Would you like to have less tension and more flexibility in your mind and life? The ability to go with the flow and keep the balance of your mind? The ability to let go? How do you think you can get there?

Below are some common negative **mental** habit patterns and their opposite positive patterns. Mark on each line where you typically fall on each spectrum, circling any particularly strong negative or positive habits you possess

Negative self-talk ----- Self-compassionate thinking
Catastrophizing ----- Realistic optimism
Perfectionism ----- Striving for excellence, not perfection
People-pleasing ----- Assertiveness and self-alignment

Below are some common negative **behavioral** habit patterns and their opposite positive patterns. Mark on each line where you fall on each spectrum:

Procrastination ----- Proactive action
Conflict-avoidance ----- Healthy confrontation
Over-commitment ----- Balanced commitments
Seeking external validation ----- Internal validation
Overworking ----- Work-life harmony
Codependency ----- Interdependence

Below are some common negative **emotional** habit patterns and their opposite positive patterns. Mark on each line where you fall on each spectrum:

Emotional suppression ----- Emotional Awareness
Chronic guilt ----- Self-forgiveness
Rumination/Worry ----- Mindful processing
Fear of rejection ----- Vulnerability with courage
Dissociation ----- Grounded presence
Irritability ----- Patience

Below are some common negative **interpersonal** habit patterns and their opposite positive pattern, mark on each line where you fall in each spectrum:

Boundary issues ----- Healthy boundaries
Passive-aggressiveness ----- Direct communication
Rescuing ----- Empowering others
Over-explaining ----- Brevity and confidence

This exercise is not meant to cause you to be overly judgmental of yourself, but to help you be radically honest and see yourself more clearly. **Don't expect perfection from yourself, the goal is to try to pause before reacting strongly or catch yourself as soon as possible and keep yourself from spiraling.**

- What helps you regain balance when you fall into one of these patterns? What tools help you come back to equilibrium?

- Can you remember one time recently when you paused before reacting and redirected your action successfully? What made this possible and could help in the future?

- What are your top three qualities? What are three qualities you want to improve in yourself?

- Are there any emotions you are afraid of feeling? Or ones that you try to ignore and suppress at all costs? For each emotion you check off below, write a little more about why you think you fear or suppress it and how you could overcome this block.

- ☐ Anger _____
- ☐ Anxiety _____
- ☐ Calmness _____
- ☐ Compassion _____
- ☐ Depression _____
- ☐ Envy _____
- ☐ Fright _____
- ☐ Gratitude _____
- ☐ Guilt _____
- ☐ Happiness _____
- ☐ Hope _____
- ☐ Jealousy _____
- ☐ Love _____
- ☐ Pride _____
- ☐ Relief _____
- ☐ Sadness _____
- ☐ Shame _____
- ☐ _____



addressing your past

We are all shaped by our past experiences: That is how our minds work, they take in the present by processing it through our past, helping us make sense of what is going on in this moment.

When we have had strong negative experiences and reactions over and over, they become ingrained patterns in our subconscious that, if not fully processed, can end up affecting our everyday reactions and moods. When this happens, we will end up reacting in the same way over and over if we continue to not address it.

- In what ways does your past impact the way you show up in your present?

- Are there any moments that stand out from your past that have left a stronger imprint than usual?

- How do you process your past experiences?

- What are you working on letting go?



in relationship

As you heal yourself and learn to love and care for yourself well, you will notice that your relationships also grow and heal, and the way you interact with others slowly shifts to become more compassionate and harmonious. **Truly, the most powerful way to improve your relationships is to work on healing yourself, and letting that new balance and light spread outward into all your interactions—especially with those you hold most dear.**

- When is a time in your life you have felt most loved?

- What is your history with relationships like? What are the common pain points or major struggles? Do you see a pattern here? What are you doing to address it?

- What do you value in other people? What qualities are important to you in a partner? Give these 20 qualities below a 1–5 score of how important they are to you, with 1 being low importance and 5 being of utmost importance:

- ① ② ③ ④ ⑤ Empathy
- ① ② ③ ④ ⑤ Emotional intelligence
- ① ② ③ ④ ⑤ Respect
- ① ② ③ ④ ⑤ Integrity
- ① ② ③ ④ ⑤ Supportiveness
- ① ② ③ ④ ⑤ Communication skills
- ① ② ③ ④ ⑤ Adaptability
- ① ② ③ ④ ⑤ Generosity
- ① ② ③ ④ ⑤ Sense of humor
- ① ② ③ ④ ⑤ Patience
- ① ② ③ ④ ⑤ Loyalty
- ① ② ③ ④ ⑤ Ambition
- ① ② ③ ④ ⑤ Curiosity
- ① ② ③ ④ ⑤ Compassion
- ① ② ③ ④ ⑤ Self-awareness
- ① ② ③ ④ ⑤ Accountability
- ① ② ③ ④ ⑤ Playfulness
- ① ② ③ ④ ⑤ Independence
- ① ② ③ ④ ⑤ Confidence
- ① ② ③ ④ ⑤ Trustworthiness
- ① ② ③ ④ ⑤ Growth-oriented

- No person is perfect. We're all working on something and have room to grow. That's why I find being growth-oriented to be one of the most important qualities. Now go back and circle the top five areas in which you'd like to grow and improve.
- What do you need to feel well-loved? How do you like to be loved?

- What types of situations with other people overwhelm you? How do you commonly respond to being overcome or irritated in your relationship?



love through an argument

Tensions run high during arguments: we are quick to defend our ego and prove ourselves right. This tactic does not always yield the best results—nor does it foster vulnerability and deeper connection.

- On the scale of 1 to 10 below, how loud does your voice get during an argument? Even this small practice of keeping your voice calm and steady can help keep an argument from escalating.

1 ————— 3 ————— 5 ————— 8 ————— 10
whispering calm talking loudly yelling screaming

- A lot of arguments start from one person feeling overwhelmed or upset and spilling that onto their partner. Emotions like to spread. We hopefully give our best to our partner, but because we are so close and comfortable with them, we also often give them our worst.
 - When your partner is reacting out of negativity towards you, are you able to stay balanced and not accept this invitation into anger?

- Can you pause and ask questions that try to get to the root of the upset?

- Anger often masks fear and stress. Giving space for this vulnerability can stop an argument in its tracks and actually bring you closer to your partner. Opening up often diffuses the tension and makes it easier for your partner to open up as well. Is there enough trust in your relationship that you can be vulnerable with your partner? Think back to the last time you got really upset! What emotion was underlying the anger?

- Can you think clearly after someone says something triggering? What do you need to rebalance yourself?

- When you are in the middle of an argument, are you carefully listening to your partner and why they are upset? Or are you planning your counterpoints in your head and cutting your partner off? Could you listen better to your partner? Challenge yourself to listen more selflessly the next time you argue.

- Sometimes when arguments get going, it gets harder and harder to backtrack and apologize. Arguing does not always stay fair: when we are coming from a place of hurt, we often try to hurt our partner in turn, surfacing examples from the far-distant past or hitting “below the belt.” Are you aware of when your ego is trying to defend and protect itself in an argument? What tools can you use to keep from getting to this place—or stop it once it starts?

- In relationships, we often have the same arguments over and over. Are you and your partner able to get to the root of the issue and hold each other compassionately? Love is shown not just in the easy, blissful moments. In fact, it can be most potent in the dark, tense moments of a relationship.

- What are some ways you keep your ego in check and practice unconditional love during an argument? Of the tools below, which do you want to try the next time you argue?

- ☐ Deep breaths
- ☐ Intentional, selfless listening
- ☐ Speaking in “I” statements
- ☐ Speaking in a calm manner
- ☐ Asking questions to get to the root issue
- ☐ Taking space to calm down before reengaging
- ☐ Speaking vulnerably about what the argument is really about
- ☐ Apologizing for your part in the tension
- ☐ _____



if you're single or looking for a partner

- Being single does not mean you don't love yourself well. It may simply be that you haven't met the right person yet. That being said, the most important relationship you have is the one with yourself. Singlehood is a really great time to put yourself first, enjoy living your life in line with your preferences, and tend to your heart. Outside of a partner, what brings you most joy in life? What makes your heart feel full? Commit to bringing more of this into your life.

- What do you love about being single? What are some of the little things you can enjoy right now that are harder in a relationship?

- Do you expect your highest levels of happiness to come while you are in a relationship? Have you tried activating your happiness now?

- When you're not in a relationship, it's a great time to foster other connections in your life. Make one plan with a friend or family member, either in person or virtually, for the next week; it could be as simple as a planned video call to catch up, or a dinner out. Who do you want to catch up with?

- If you're looking for a partner, consider these reflections:
 - Now is a great time to reflect on your past relationships. What would you like to do differently next time around?

- Do you feel like your heart is open and ready for connection? How could you open it more?

- What is your biggest block in getting into a relationship? What do you think you could do to overcome this block?

- Are you putting yourself out there to meet new people, either online or in person?

- If you've been looking for a long time and are feeling frustrated, what is something you could do differently to approach the situation from a new angle?



if you're considering or going through a breakup

Ending a relationship can be a really difficult decision and incredibly heavy—even if it's the right thing. Heartbreak is one of the most poignant feelings a human can experience; a deep form of grief. Even if you instigated the breakup, you may still have to grieve the end of this chapter of your life. If it wasn't your decision, accepting this new reality can be especially difficult. If you are currently navigating this, you have my compassion. As you're able, take time to reflect on the below questions to help you move through this heavy heartedness.

- **If you're considering a breakup:**

- Do you put your partner's needs above your own in your relationship?

- Is there room for you to love yourself more within your relationship? How?

- How can you go about a breakup without causing more harm? How can you approach this situation sensitively and compassionately?

- Are you scared to move on even though you know it is the right decision? What specifically scares you?

- Think of yourself five years from now. Where do you want to be? What do you need to do in the present to get there?

- What is your strategy for removing yourself from a situation that is no longer conducive to your happiness and wellbeing?

- **If you're currently heartbroken:**

- How can you best love and support yourself during this time? Make sure to prioritize rest and not be too hard on yourself. Try to talk to yourself as if you are your best friend. What would you say to them?

- Remember that these emotions won't last forever. They may come in waves, but eventually, as you process, they won't be quite as intense. Can you allow yourself to feel the grief and let it pass through you in manageable amounts, so you don't get overwhelmed?

○ What activities support you in this experience? What can you lean on?

- Rest/a spa day
- Spending time with loved ones
- Reading a good book
- Taking a vacation or a break away
- Writing/Journaling
- Attending a meditation course
- Seeing a therapist
- _____

○ What have you learned about yourself from the times people have failed to love you well?

○ A breakup is not a failure, are you able to not take it too personally? Are there parts of the relationship you can still appreciate?

○ What lessons have you learned from your former relationship?

I'll leave you with these reflection questions:

Do you feel free in your relationship?

In what ways could you feel freer?

What do you want to learn while in a relationship?
