

Common Myths About Self-Love

RESET - A Monthly Self-Love Practice

Myth #1: Self-Love Is Selfish

Many women have been taught that putting themselves first means taking something away from others.

The truth is that self-love isn't selfish. It's recognizing that your needs matter, too. When you care for yourself, you have more energy, patience, and presence to offer others.

Myth #2: Self-Love Means Always Feeling Confident

Self-love isn't the absence of self-doubt. It doesn't mean you never feel insecure, afraid, or uncertain. Self-love means treating yourself with kindness and compassion even when confidence is missing.

Myth #3: Self-Love Is About Bubble Baths and Spa Days

While self-care can be part of self-love, the two are not the same. Sometimes self-love looks like resting. Sometimes it looks like setting a boundary. Sometimes it looks like having a difficult conversation or asking for help. Self-love is much deeper than self-care activities.

Myth #4: Self-Love Means You Have to Love Everything About Yourself

Self-love does not require perfection. It doesn't mean you never wish things were different. It means accepting yourself as a human being who is worthy of love and compassion exactly as you are.

Myth #5: Self-Love Is Something You Achieve

Many women believe: *"I'll love myself when..."*

I lose weight. I retire. The kids are settled. I have more money. Life calms down.

The truth is that self-love isn't a destination. It's a relationship that is nurtured one choice at a time.

Myth #6: Self-Love Means Being Positive All the Time

Self-love is not forcing yourself to be positive. It includes making room for grief, disappointment, anger, fear, and uncertainty.

"I can be struggling and still be worthy of compassion."

Myth #7: Self-Love Is Putting Yourself First All the Time

Self-love isn't about choosing yourself over everyone else. It's about learning not to abandon yourself while caring for others. **There is a difference.**

Myth #8: Self-Love Is Narcissistic

Many women fear that loving themselves will make them arrogant or self-absorbed. Healthy self-love isn't believing you're better than others. It's recognizing that your worth is equal to everyone else's. **No more. No less.**

Myth #9: Self-Love Is Easy

Self-love doesn't always feel good or come easily. Sometimes the most loving choice we can make for ourselves brings discomfort, uncertainty, or even guilt - especially when it asks us to behave differently than we have in the past. Something can feel uncomfortable and still be right for us.

Self-love means choosing to be there for yourself, especially when you need yourself the most.