

# Unselfish Self-care

*for homeschool moms*

“I’m too busy.”

“I’m too stressed.”

“I don’t ever get alone time.”

“My kids, husband, neighbor... are more important than me.”

“ I feel guilty that I’m being selfish!”

- Effective, nourishing self-care is not just getting a cute hair-cut, a monthly pedicure, or subjecting yourself religiously to grueling workouts to sculpt rock hard abs.
- It is seeing yourself as the glorious, excellent, beautiful being that you are.
- It is allowing yourself to fully feel and experience your pain with tenderness and compassion.
- It is allowing yourself to fully feel and experience your unending capacity for joy, happiness, peace, and connection.
- It is understanding that suffering, overwhelm, and disconnect stem from deep, unmet needs.
- It is digging deep to find those needs and working to meet them with mindfulness and compassion.

# Being Selfish vs. Self Aware

<b>Selfish</b>	<b>Self Aware</b>
self aggrandizing— over blown view of strengths	humble
self absorbed—sees what's immediate	sees the big picture
self-pity— overblown view of weaknesses	accepting
closed	open
pessimistic	optimistic
can't see things as they really are	sees things as they really are
judgemental	takes things at face value
acted upon	act
obligation	opportunity
sees body, time, life as a possession	sees body, time, life as a gift

# Being Selfish vs. Self Aware

## **Selfish**

**criticism, comparison, complaining, cynicism**

**Blind**

**Deaf**

**Hard hearted**

**asleep**

## **Self Aware**

**content, curious, creative, compassionate**

**Like a child**

**Eyes to see**

**Ears to hear**

**Open, soft heart**

**Awake**

**Willing to ask for and accept help**

# The Two Wings of Self-Awareness

**Mindfulness**

**Self-Compassion**

We must cultivate both to see things as they really are.

# Mindfulness

“Mindfulness means to maintain an awareness of our thoughts, emotions, bodily sensations, and environment in the present moment. It is paying attention in the present moment purposefully and non-judgmentally. It is experiencing and accepting the present moment as it really is — not how we want it to be, think it should be, or perceive it to be — but as it really is.”

—*Michael Bunting*

“Watch yourselves, and your **thoughts**, and  
your words, and your deeds”

–*Mosiah 4:30*

A wooden sign with a black background and white text is placed on a light-colored wooden table. The sign is rectangular and framed with a light wood border. The text on the sign is centered and reads "YOUR INNER CRITIC IS A JERK" in all caps. The table is simple and modern, with a flat top and a single leg visible. The background is a plain, light-colored wall.

**YOUR INNER CRITIC  
IS A JERK**

Not every voice you  
hear in your head is a  
trusted voice.

“Whenever **the adversary** cannot persuade imperfect yet striving Saints such as you to abandon your belief in a personal and loving God, he **employs a vicious campaign to put as much distance as possible between you and God. The adversary knows that faith in Christ—the kind of faith that produces a steady stream of tender mercies and even mighty miracles—goes hand in hand with a personal confidence that you are striving to choose the right. For that reason he will seek access to your heart to tell you lies—lies that Heavenly Father is disappointed in you, that the Atonement is beyond your reach, that there is no point in even trying, that everyone else is better than you, that you are unworthy, and a thousand variations of that same evil theme.**”

—*Elder Jorg Klebingat, Oct. 2014  
General Conference*

# Let's name the voices—

- The Inner Critic
- The Inner Judge
- The Inner Victim
- The Inner Rebel
- These are natural man and adversarial voices.  
We don't need practice to hear them.

"I AM" is a name of God.

It takes practice to hear the still small voice of the Holy Ghost and the yearnings of your own eternal spirit.

They are respectful voices and don't impose themselves on us unbidden.

# Tap into the power of questions

- Instead of “shoulding” on yourself, ask “what if?”
- What am I believing?
- Is it true?
- What is it like to live with this belief?
- What would life be like without this belief?
- What else is true?
- What am I feeling?
- What am I unwilling to feel?
- Where do I feel it in my body?
- How else can I think about this?
- How does asking questions shift your mood and energy?

**“I would charge you to say again and again to yourselves... “I am a [daughter] of God” and by so doing, begin today to live closer to those ideals which will make your life happier and more fruitful because of an awakened realization of who you are.”**

*–Harold B. Lee October, 1973*

# Love and Compassion

The way to REALLY see things as they are.

“I could not see the light of the world any more. Yet the light was still there...I felt how it wanted to spread out over the whole world. I had only to receive it... I quickly learned that I knocked against things only when I forgot the light. [and] There was only one way to see the inner light, and that was to love.”

“Sometimes it even went out completely. Then I became blind. But this blindness was a state of not loving any more...”

—*Jacques Lusseyran*



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The Enemy [Jesus Christ] wants him, in the end, **to be so free from any bias in his own favor that he can rejoice in his own talents as frankly and gratefully as in his neighbour's talents**— or in a sunrise, an elephant, or a waterfall. He wants each man, in the long run, to be able to recognize all creatures (even himself) as glorious and excellent things. He wants to kill their animal self-love as soon as possible; but it is His long-term policy, I fear to **restore to them a new kind of self-love**— a charity and gratitude for all selves, including their own; **when they have really learned to love their neighbors as themselves, they will be allowed to love themselves as their neighbours.**

—C.S. Lewis, *The Screwtape Letters*

**45** And **charity** suffereth long, and is kind, and envieth not, and is not puffed up, seeketh not her own, is not easily provoked, thinketh no evil, and rejoiceth not in iniquity but rejoiceth in the truth, beareth all things, believeth all things, hopeth all things, endureth all things.

**48** Wherefore, my beloved brethren, **pray unto the Father with all the energy of heart, that ye may be filled with this love**, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, **for we shall see him as he is;**

*—Moroni 7:45, 48*

Judge not, that  
ye be not  
judged.

*Matthew 7:1*

The Greatest  
form of  
charity  
may be to  
withhold  
judgement.

JEAN B. BINGHAM

# The Trees in Biosphere 2



image from <http://www.daveandjanallen.net>

When you start falling over, you know  
there is a need that is not being met!

As self-aware adults we understand that we must be self-reliant in getting our own needs met.

**“Needs...are desires so basic that they exist without regard to what is offered in the marketplace and without an individual’s comparing his own condition or possessions with those of others;**

whereas, in contrast, **wants** are desires that are **induced by what is offered in the marketplace and are augmented and intensified by** an individual’s **comparing** what he has with the possessions of others.

**Needs are absolute; wants, relative.**

Needs are desires that may or may not be consciously felt, whereas wants are always consciously felt desires.”

*–Mortimer Adler*

It is impossible for anyone to be mistaken about what he or she wants, but it is quite possible for an individual to make the mistake of thinking that he needs something when, in fact, he only wants it because someone else has it.

**Almost all of us want things we do not need, and fail to want things that we do need.**

A man never needs anything that is not really good for him to have, but he certainly can and often does want something that is not really good for him.

*—Mortimer Adler*

# Needs vs. Wants

<b>Needs</b>	<b>Wants</b>
driven internally	driven externally
when met, feel satisfied	when met, desire more
because internal, can be hard to recognize	always in your face

If true, prime needs are not always consciously felt,  
how do I even know what they are?

Mindfulness

Charity, Love, Self-Compassion

How do we determine our needs?  
Look through the lens of the Plan of Salvation.

- We are here to:
- get a body
- gain experience
- build eternal relationships
- make covenants
- fulfill our own personal mission

## Feelings when your needs are not satisfied

### AFRAID

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

### ANNOYED

aggravated  
dismayed  
disgruntled  
displeased  
exasperated

irate

livid

outraged

resentful

### AVERSION

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile  
repulsed

### CONFUSED

ambivalent  
baffled  
bewildered

aloof

apathetic

bored

cold

detached

distant

distracted

indifferent

numb

removed

uninterested

withdrawn

### DISQUIET

agitated  
alarmed  
discombobulated  
disconcerted  
disturbed  
perturbed

unnerved

unsettled

upset

### EMBARRASSED

ashamed  
chagrined  
flustered  
guilty  
mortified  
self-conscious

### FATIGUE

beat  
burnt out  
depleted  
exhausted  
lethargic  
listless  
sleepy

heartbroken

hurt

lonely

miserable

regretful

remorseful

### SAD

depressed  
dejected  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless

discouraged

disheartened

forlorn

gloomy

heavy hearted

hopeless

melancholy

frazzled

irritable

jittery

nervous

overwhelmed

restless

stressed out

### VULNERABLE

fragile  
guarded  
helpless  
insecure  
leery  
reserved  
sensitive  
shaky

leery

reserved

sensitive

shaky

### WEARINESS

envious

## Some of the Needs We All Have

### CONNECTION

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love

support  
to know and be known  
to see and be seen  
to understand and  
be understood  
**trust**  
**warmth**  
**PHYSICAL WELL-  
BEING**  
air  
food  
nutrients  
movement/exercise  
rest/sleep  
sexual expression  
safety

integrity  
presence

### PLAY

joy  
humor

### PEACE

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

### AUTONOMY

### MEANING

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
learning  
mourning

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Website: [www.cnvc.org](http://www.cnvc.org) Email: [cnvc@cnvc.org](mailto:cnvc@cnvc.org)

Phone: +1.505.244.4041

compassionate

**HOPEFUL**

giddy

happy

fulfilled

friendly

**Feelings when your needs are satisfied**

mellow

loving

encouraged

lively

pleased

quiet

open hearted

optimistic

passionate

tickled

relaxed

sympathetic

surprised

relieved

tender

**CONFIDENT**

vibrant

**EXHILARATED**

satisfied

warm

empowered

blissful

serene

open

**GRATEFUL**

ecstatic

still

**ENGAGED**

proud

appreciative

elated

tranquil

absorbed

safe

moved

enthralled

trusting

alert

secure

thankful

exuberant

curious

touched

radiant

**REFRESHED**

engrossed

**EXCITED**

rapturous

enlivened

enchanted

amazed

**INSPIRED**

thrilled

rejuvenated

entranced

animated

amazed

renewed

fascinated

ardent

awed

**PEACEFUL**

rested

interested

aroused

wonder

calm

restored

intrigued

astonished

clear headed

revived

involved

dazzled

**JOYFUL**

comfortable

spellbound

eager

amused

centered

How do we determine our needs?  
Look to healthy, happy people.

**Maslow's Hierarchy of Needs**



“People with intelligence must use their intelligence, people with eyes must use their eyes, people with the capacity to love have the *impulse* to love and the *need* to love in order to feel healthy. **Capacities clamor to be used, and cease in their clamor only when they *are* used sufficiently.** That is to say, **capacities are needs**”

—*Abraham Maslow*

“People experience pain when they are not fulfilling their prime needs.

Your prime needs are the desires that drive you to take action in your life, the things you want beyond your physical needs.

All behavior is simply an attempt to meet your prime needs. It turns out, in the universe of human needs there are three that sit at the top of the pyramid:

**Autonomy, Connection, and Growth.**

If you’re feeling helpless or experiencing any other kind of pain in life, it’s because you’re not meeting one or more of these prime needs.”

—*Dr. Isaiah Hankel*

Of these needs, connection is  
the most fundamental.

*“This drive to emotionally attach- to find someone to whom we can turn and say “Hold me tight”- is wired into our genes and our bodies. It is as basic to life, health, and happiness as the drives for food, shelter, or sex. We need emotional attachments with a few irreplaceable others (or things) to be physically and mentally healthy to survive.”*

*Sue Johnson*

We all have different capacities, interests, energy levels, personalities, and circumstances.

**Needs are both general and individual.**

In some areas we may actually need less than we think and in others we may need more.

# It also helps to:

- Explore personality profiling tools to understand your own unique motivations, strengths, and tendencies.
- Know your learning style.
- Know your Love Language and those of you family.
- TRUST yourself. Your body, your spirit, and your Heavenly Father know what you need. The first step is to see yourself through the lens of charity.

“I don’t even have time to shower let  
alone \_\_\_\_\_!”

**“Energy, not time, is the fundamental currency of high performance.”**

“Performance, health, and happiness are grounded in the skillful management of energy.”

“Because energy capacity diminishes both with overuse and with underuse, **we must balance energy expenditure with intermittent energy renewal.**”

*-Jim Loehr and Tony Schwartz, The Power of Full Engagement*

“We are what we repeatedly do.”

–*Aristotle*

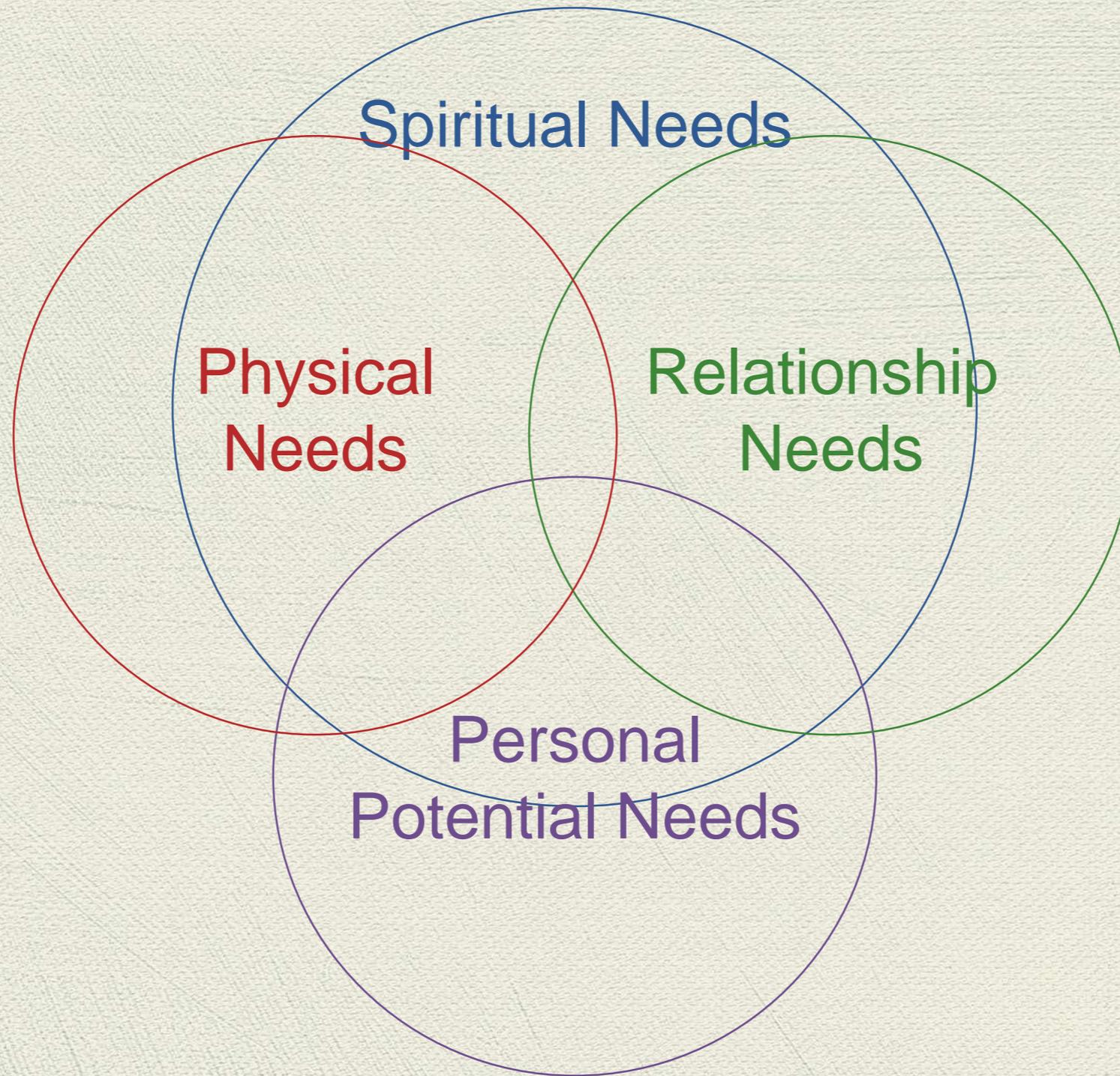
**“Positive energy rituals—highly specific routines for managing energy—are the key to full engagement and sustained high performance.”**

“We are creatures of habit...The problem with most efforts at change is that conscious effort can't be sustained over the long haul. **Will and discipline are far more limited resources than most of us realize.** If you have to think about something each time you do it, the likelihood is that you won't keep doing it for very long.”

“The power of **rituals** is that they insure that we **use as little conscious energy as possible** where it is not absolutely necessary, **leaving us free to strategically focus the energy available to us in creative, enriching ways.**”

*-Jim Loehr and Tony Schwartz, The Power of Full Engagement*

The parts affect the whole.



...all things unto me are spiritual... —*D&C 29:34*

The most essential ritual you need is  
one that allows you to feel your  
connection with God.

“When we put God first, all other things fall into their proper place or drop out of our lives. Our love of the Lord will govern the claims for our affection, the demands on our time, the interests we pursue, and the order of our priorities.”

*–Ezra Taft Benson*

# Habit ideas

- Create a morning routine and address body, mind, spirit, and relationships.
- Breathe all the way into your belly.
- Realize that you are not your thoughts. You are not defined by the voices in your head.
- Practice a mindful pause throughout the day— especially when you feel triggered by the stress of whining kids, an unexpected interruption— anything that you sense tightens you up and hardens your heart space.
- Start a meditation practice.

# Habit Ideas

- Pay attention to your posture. How you hold your body affects your nervous system and mental state. Have an open heart.
- Make eye contact with a child, your spouse, a friend, even a stranger. Feel your common humanity, goodness, and the reflection of the truth of who you are.
- Move your body to experience and enjoy it— not for punishment or to change anything. Focus on recovery, not stress.

“No woman is a more vibrant instrument in the hands of the Lord than a woman of God who is thrilled to be who she is.”

“There is a direct relationship between our personal experience with the Lord and how we see ourselves. The closer we grow to him, the more clear and complete becomes our vision of who we are, who we have always been, and who we may become.”

“We no longer have the luxury of spending our energy on anything that does not lead us and our families to Christ.”

–*Sheri L. Dew*

“When He talks of their losing their selves, He only means abandoning the clamor of self-will; once they have done that, He really gives them back all their personality, and boasts (I am afraid, sincerely) that **when they are wholly His they will be more themselves than ever.**”

–C.S. Lewis, *The Screwtape Letters*

# To recap:

- There is a difference between being selfish and self-aware.
- To be truly self-aware you need to see yourself through the lenses of both loving compassion and nonjudgmental mindfulness.
- To feel peace, contentment, and true enjoyment in life you must skillfully meet your needs through habits and daily rituals.
- To be aware of your deepest prime needs you need the tools of self compassion and mindfulness.