

Chapter 20

An Overview of Unconditional Love

In this section, we have explored some very important ideas and skills related to the second building block of self-esteem, Unconditional Love. Because this factor is so important, let's review some of the key ideas and skills.

Supportive Ideas

- Love for one's core self is a wholesome feeling. It is also the attitude of wanting what is best for oneself, and a decision that is made daily.
- Psychological health and growth depend on love for the core.
- Love is learned and acquired through practice.
- One is responsible for cultivating love for the core self. One can count on this love, even if one cannot count on love from others.

Acquired Skills

- Find, Love, and Heal the Core Self
- Kind Descriptions and Changing Channels
- Circle of Differing Gifts
- Acknowledge and Accept Positive Qualities
- Cultivate Body Appreciation
- Reinforce and Strengthen Body Appreciation
- Utilize the *Even Though . . . Nevertheless* Skill
- Eyes of Love Meditation
- Liking the Face in the Mirror

To reinforce these important ideas and skills, please take a few moments to respond to the following questions. You might first wish to flip back through the preceding pages of this section to review what you've done.

1. The ideas about Factor II that have had the most meaning to me are:

2. The skills that I would most like to remember and use are:

3. What do you need more of regarding Factor II exercises? Are there certain skills that you would like to practice more? Set aside as long a period of time as you need and practice them.