

**The Art &
Science of
Love
Week 3**

Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS.

PURPOSE
UNIQUE VALUES.

WEEK
01

WEEK
02

WEEK
03

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS.



Rate Yourself

On a scale of 0-10, how present are you right now?

0-1-2-3-4-5-6-7-8-9-10

- 0 = completely checked out, not present
- 3 = mostly not present, many thoughts about the past or the future
- 5 = neutral, half here, half distracted
- 7 = mostly present, some thoughts about the past, future or distracted by thoughts
- 10 = completely present

I often ask myself what the purpose of life is. I conclude that it is to be happy.

— His Holiness, the 14th Dalai Lama of Tibet



What did you do this week to have an
ideal day, or get a little closer to your
ideal day?



Purpose



Purpose

- Your personal values and the action steps you take in alignment with your values.
- It is through your purpose that you engage with your life.
- You choose what is most important.
- You make committed actions to demonstrate your values to yourself and others.



Purpose

- Your chosen presence and actions in the world.
- Your purpose is something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.



Values

- What you decide is most important to you.
- Health, intimate partner relationship, education, family, friendship, parenting, sports, spirituality, work/vocation, community, creativity, service, school, personal development, hobbies, etc.



Self Love
and
Compassion



To change the world through our service, love, family, work, community engagement, social justice, education, spirituality...requires that we begin with self compassion.

-Amy Backos



Self Compassion

- Being kind and understanding toward ourselves (rather than being harshly self-critical) when pain or failure is present.
- Perceiving our experiences as part of the larger human experience rather than seeing them as isolated.
- Using defusion to hold painful thoughts and feelings rather than over-identifying with them.

- Dr. Kristin Neff

(Associate professor of Human Development and Culture at the University of Texas and pioneer of research on self-compassion)



Self Compassion Research

- Self-critical over-achievers are not the only ones that lack self-compassion.
- Some of the kindest people lack self compassion.
- There is no correlation between the trait of self-compassion and feelings of compassion towards others (Neff).
- Women in particular, are far more compassionate and kinder towards others than to themselves.
- Fortunately, self-compassion can be learned.
- We can learn to become less self-critical, reduce stress and turmoil, allow ourselves to be happier, more successful, and be of greater service to others.

Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others.

-Jeffrey Borenstein

(President of the Brain & Behavior Research Foundation)

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Research on

Love

(for others and ourselves)



Neurobiology of Love for Another

- It's never been proven that love makes you physically sick...
- New love raises cortisol (stress hormone that suppresses immune function).
- Love activates the neurotransmitter dopamine, which stimulates the brain's pleasure centers.
- New love lowers serotonin which adds a dash of obsession...the crazy, pleasing, stupefied, urgent love of infatuation.
- Mature love: serotonin levels gradually return to normal, increases in the hormone oxytocin: helps cement bonds, raise immune function, reduce depression, lower number of strokes and heart attacks.



In Love with Ourselves

(research)

- Positive psychology practice helps manage emotions and mental health.
- Abundance of scientific evidence showing self-love has a positive impact on our mental health and overall life satisfaction.
- Research focuses on external benefits of self-love.



In Love with Ourselves

(benefits)

- Better mental health
- More self-acceptance
- Higher self-esteem
- More motivation
- Stronger determination
- Increased self-awareness
- Less anxiety
- Better sleep



Positivity Bias

The scientific term for self-love is self-positivity bias: the way people rate themselves as possessing more positive personality traits and displaying more positive behaviors than the average population.



Why we need Positivity Bias

- Positively biased self-views are a key component of healthy psychological functioning, influencing self-esteem, motivation, and determination.
- Lack of a self-positivity bias or a self-negativity bias contributes to mood and anxiety disorders.

-Eric Fields and Gina R. Kuperberg
(Department of Psychology at Tufts University)



To take Exquisite Care of Yourself

(Creating a hospitable environment for self love and happiness)

- Put yourself to bed on time.
- Exercise.
- Nutrition.
- Start & end your day without technology.
- Social interaction: Have 1 quality conversation a day.



Five Scientifically
Proven Ways to
Practice Self Love



I. Avoid negative self-talk.

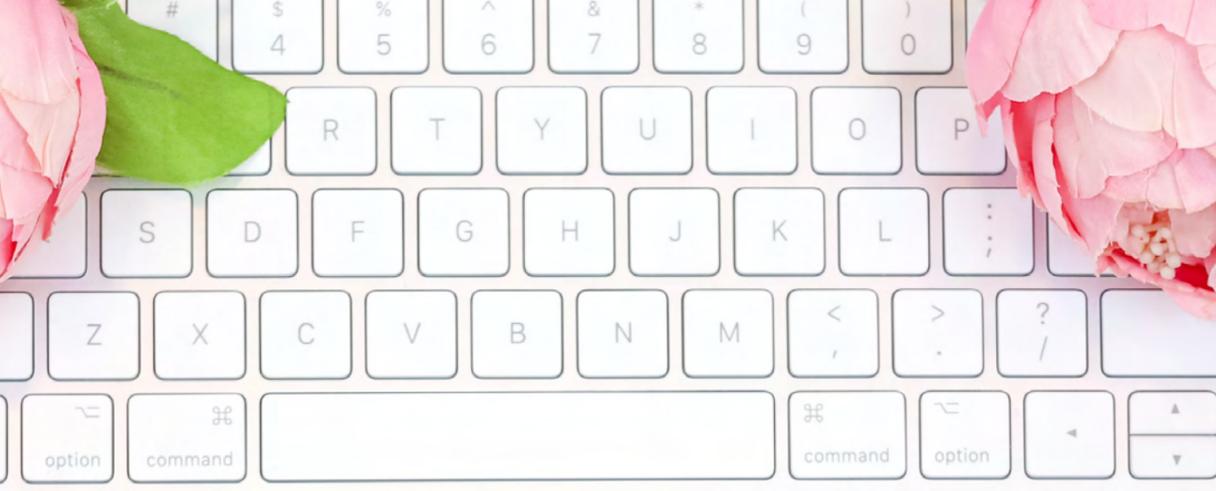
- What type of language do you use with yourself when you notice a flaw or make a mistake?
- Do you insult yourself or do you take a more kind and understanding tone?
- If you are highly self-critical, how does that make you feel inside?
- Paying attention to how you internally talk to yourself is the most important step in learning how to cultivate self-love.

- Dr. Kristin Neff



II. Create personal rituals.

- The main difference between habits and rituals is how aware and intentional you are.
- Rituals are meaningful practices with a deep sense of purpose.
- Take time out of your busy day for self-care rituals, whether it's giving love to your body by exercising, or giving love to your mind by meditating.



III. Set healthy boundaries.

- It can be hard to love yourself when people around you are not respecting your time or acknowledging your value, whether at work or in your daily life.
- Getting out of the "yes" autopilot and learning to say no to protect your time and energy is a powerful way to practice self-love.



IV. Use Self Compassion.

- Self-compassion is very similar to being compassionate towards other people.
- It consists in noticing that you are suffering and offering yourself understanding and kindness.
- You can change in ways that allow you to be more healthy and happy, but this is done because you care about yourself, not because you find yourself worthless or unacceptable as you are.



V. Make space for self-reflection.

- Sometimes, things don't go to plan.
- Instead of blaming yourself, fail like a scientist so you can learn from these failures and use them as an opportunity for personal growth.
- Self-reflection can take the form of a journaling practice, a weekly review, or a regular meeting with a trusted friend to reflect on your recent experiences and challenges.



Guided Imagery

Breathe.



Choose a relaxing garden with flowers
you love.

Imagine that garden is inside of you.



Breathe in *Self Compassion*.



Breathe in your
happiness.



Breathe in acceptance of your flaws.

Now, breathe in appreciation of your
flaws and the situations that grew you
into the person you are today.

The past is your compost.



With every exhale, imagine your self judgements are evaporating and blowing away into the wind.



Pick a bouquet of flowers for yourself
today.

Leave what has yet to bloom, and you
can pick those flowers tomorrow.

Breathe.



Breathe.



What did you notice during this
guided imagery?



Putting it all
together...



- Increasing our self compassion is like planting a garden.
- We plant and cultivate the flowers we like.
- As they grow, we can attend to the overall appearance of the garden..add something pink over here, something tall over there.
- We pull the weeds each week - that is part of the process.
- We can accept this.

What about your Purpose?

(values + committed actions = purpose)

- How will your increased self love, care, and compassion inform your purpose?
- How does self love help you live your values through daily actions?





Purpose without self care, compassion and love...

- How is your purpose today compromised by your current level of self care, compassion and love?
- What can you change?

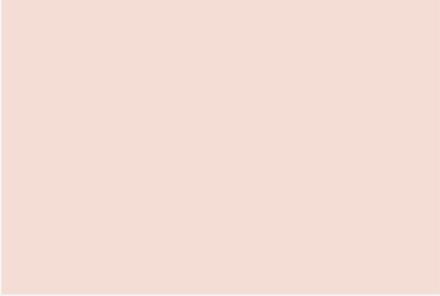


Your commitment to your values requires you to practice self love.
Step one of accomplishing anything requires we begin with self love and compassion.



Reflection
this week

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Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Still Self
Sacrificing?**

2

**Benefits of
Being Your
Best**

3

**Values &
Committed
Actions**

4

**Creative
Expression
& Reflection**



Still Self Sacrificing?

- There is no "extra prize" for self-neglect.
- If you are still struggling to justify the time, energy, and money it takes to care for yourself, ask yourself why.
- What are the benefits of self sacrifice to you? To others?
- What do you lose by self-sacrificing? What do others lose?



Benefits of Being Your Best

- How does a women feel when she takes exquisite care of herself and romances herself every day?
- Why do you want to be your best self?
- Who's lives will you impact if you give yourself more love and romance?
- For whom will you be a role model?
- How can you use self love to gain more confidence to set limits or speak out against injustices?



Writing about Values

- Have you considered the ripple effect of your self-love and self-romance? How will romancing yourself positively impact each area in your life?
- Focus on how self-love and romance will get you closer to your values as well as help you be more present for yourself and others.



Writing about Committed Actions

- It is time to put your new positive romantic feelings for yourself into action. Pick one value areas and make your plan of action.
- What will you do TODAY regarding self-love and romance? What action will you take to get you closer to your value?
- Make this simple, just one action for today to link your self romance with another value.
- Parenting: allowing children to see us be kind to ourselves gives them the inspiration to do it themselves.
- Friend/partner: talking kindly to yourself supports setting boundaries,



Response Art

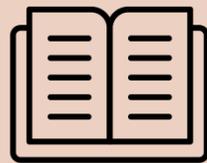
- What kinds of environments do you find pleasing? Sleek and modern? Bold and colorful? Feminine and romantic?
- Find three pictures of places that you find pleasing and sensual on Pinterest or from a magazine.
- Print out your pictures, arrange and hang where you can see it.
- However you do it will be great!
- Now ask yourself, how can you create or put yourself in an environment like this?



On a scale of 0-10, how present are you
right now?

What are your "before" and "after" scores?

What To Do Next



Review

Review your work from last class.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Week 3

Read and complete Purpose exercises.



Ready for More?

- Tag me on Instagram (@dramybackos) when you post your art/journaling/activities from the MCW.
- Invite a friend to the MCW.
- Have a complementary 20 min. chat with me.
- Meet me each Friday at noon PST on IG live.
- Signature Packages and VIP Coaching.
- Individual psychotherapy (CA residents only).

Self Romance is not just for special occasions, when you accomplish your goals, when you are in the mood, feel lonely, or when you find the time.

Self romance is a daily habit to inspire and fuel yourself to live your values and committed actions.



What will you remember about
today's class?

Thank you

