

## Do U Love U?

Before you begin, give yourself a Loving U rating from 0 to 35 with 0 indicating no love for yourself and 35 indicating full love for yourself and write it in the blank space here:

Now, please take a few minutes to respond to the following true/false statements by writing T or F in the blank next to the statement.

**I rarely engage in negative self talk out loud.** \_\_\_\_\_

**I am truly living the life I have always dreamed of living.** \_\_\_\_\_

**I am satisfied and happy in my primary loving relationship.** \_\_\_\_\_

**I enjoy taking naps and/or resting whenever I please.** \_\_\_\_\_

**I take time off from work to recreate regularly.** \_\_\_\_\_

**I rarely feel under-appreciated by those close to me.** \_\_\_\_\_

**I feel balanced in my ability to both give and receive.** \_\_\_\_\_

**I have fun on a regular, daily basis.** \_\_\_\_\_

**I sleep well at night.** \_\_\_\_\_

**I have no on-going mental and/or physical health problems.** \_\_\_\_\_

**I feel connected to Source regularly and consistently.** \_\_\_\_\_

**I take time to meditate regularly.** \_\_\_\_\_

**I am grateful for my current life situation.** \_\_\_\_\_

**I appreciate who I am and can list three things I like about myself readily. Please list here:** \_\_\_\_\_

**I forgive easily and let go of the past with ease.** \_\_\_\_\_

**I am rarely distracted by predominantly negative mind-chatter.** \_\_\_\_\_

**I have as much energy at the end of the day as I do at the beginning of the day.** \_\_\_\_\_

**When I look in the mirror, I am often satisfied with what I see.** \_\_\_\_\_

**I truly love and appreciate who I am, as I am.** \_\_\_\_\_

**At times I feel angry and frustrated and I move through it with ease and openness to learning.** \_\_\_\_\_

**I appreciate my body/physical appearance as I am.** \_\_\_\_\_

**I am rarely envious of others.** \_\_\_\_\_

**I enjoy food, sex and other physical pleasures freely without undue restrictions.** \_\_\_\_\_

**I engage in no unhealthy habits such as smoking, drug-abuse, eating disturbances, etc.** \_\_\_\_\_

**I enjoy physical activity on a regular, daily basis.** \_\_\_\_\_

**I feel alive and vibrant much of the time.** \_\_\_\_\_

**I choose foods that enhance my feeling of vibrance.** \_\_\_\_\_

**I regularly nourish my body with plenty of healthy food and water.** \_\_\_\_\_

**I am living in my geographically ideal location on the planet.** \_\_\_\_\_

**I am in a conscious, loving relationship with my ideal partner.** \_\_\_\_\_

**I regularly move my body ("exercise") in ways that are pleasurable for me.** \_\_\_\_\_

**I see myself as an inspiration to others.** \_\_\_\_\_

**I accept compliments/appreciation from others with ease.** \_\_\_\_\_

**I speak my truth no matter what the consequences.** \_\_\_\_\_

**I breathe with ease and practice deep, conscious breathing on a regular basis.** \_\_\_\_\_

**TOTAL YOUR SCORE GIVING 1 POINT FOR EACH ITEM YOU MARKED AS TRUE. ENTER YOUR SCORE IN THE SPACE PROVIDED:** \_\_\_\_\_

**NOTE: The highest score is 35. We believe that scores from 30 to 35 indicate a nice balanced love for yourself. Scores below 30 suggest need for more self-love and we suggest you notice which specific areas of your life are "up" for you to love. I am happy to teach you our practices for loving yourself more and more. Contact me at Karen@ktphd.com or call me in Austin, TX at 512.391.0426.**

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