

Here are questions that explore self-love beyond others' perceptions.

Identity:

1. Who am I when no one is watching?
2. What parts of me exist independently of my roles (therapist, partner, daughter, friend)?
3. What values would I live by even if no one praised me for them?
4. Which parts of myself do I genuinely like, regardless of whether others notice them?

Self-worth:

1. If no one could approve of me or criticize me for a week, how would I evaluate myself?
2. What makes me believe I am worthy of care?
3. When do I feel "not enough," and whose standards am I using?
4. If I achieved nothing new this year, would I still deserve love and respect? Why or why not?

Inner relationship:

1. How do I speak to myself after making a mistake?
2. What emotions do I struggle to offer myself compassion for?
3. Which parts of myself do I try to hide, even from myself?
4. What do I need from myself that I keep seeking from others?

Authenticity:

1. Where in my life am I performing rather than expressing myself?
2. What am I afraid would happen if I were completely authentic?
3. Which decisions have I made to avoid disappointing others?
4. What does my "true self" consistently gravitate toward?

Boundaries:

1. Do my boundaries reflect self-respect or fear of rejection?
2. Where do I abandon myself to maintain connection?
3. What do I tolerate that conflicts with my values?
4. What would choosing myself look like in one current situation?

Self-trust:

1. Do I trust my own judgment without external reassurance?
2. When was the last time I ignored my intuition? Why?
3. What evidence do I have that I can cope with difficult emotions?
4. What promises have I kept to myself?

Acceptance:

1. Which parts of myself am I still trying to earn permission to have?
2. Can I acknowledge both my strengths and limitations without either defining my worth?
3. What would it mean to stop trying to become "more acceptable"?
4. If I never became a "better version" of myself, could I still treat myself with dignity?

Final Reflection:

If nobody could ever witness my life—not my achievements, appearance, kindness, success, or failures—how would I choose to live, and what would that reveal about what I truly value?