



Self-love and Self-soothing Discussion Questions

February 2024

"Self-love means that you accept yourself fully, treat yourself with kindness and respect, and nurture your growth and wellbeing."

– Sharon Martin LCWS in Psych Central: [What is Self-love and Why Is It So Important?](#)

1. How could I simplify my life and focus on what is most important?
2. What rules or conditions can you let go of to love yourself unconditionally?
3. When you feel overwhelmed, what have you found that helps you?
4. What sensory exercises help you calm down? (ex: ear plugs, headphones, special glasses, weighted blankets, etc)
5. How would I like to show myself love today?
6. Have you loved yourself well today?
7. Is self-love something you add to your daily routine?
8. What sense is your most powerful?
9. What are 3 things you love about yourself, both physically and emotionally?
10. How have you shown self-compassion this week?
11. How would it feel for you to treat yourself like you would treat a good friend?
12. What do I need to be more at peace with myself?
13. You could make a list of your favorite things that calm you down and put the list in your phone for a "mobile self-soothing kit." Is this something you would be interested in?
14. Would you consider making a five senses self-soothing kit?
What would you put inside your kit?
15. Do you take time to communicate what self-love means to you to those in your life?
How can I express my needs best?