BEST FRIEND

Allow yourself to enjoy the beauty of your existence, to take advantage of the opportunities you have, to love and be loved. Let your eyes be open so that you can capture forever the images that are dear to you that they may forever remain with you even after they may have left you and like distant stars continue to glimmer in the night of your existence light years after they have gone.

I will be my own best friend.

When I do not feel like hearing myself
I will find a way to listen.

When I do not feel like seeing myself
I will find a way to look.

When I do not feel I love myself
I will find a way to care.

When I do not feel I deserve anything
I will find a way to give.

When I feel that no one is there?
I will be my own best friend.

What belongs to the heart can never be taken from you, stolen, or bought. Instead, it is freely given by those you love and who love you. This love is a precious substance from which we all derive existence.

Remember self-love = self-awareness + self-acceptance

Self-awareness =
No one will be able to tell me anything that I don't already know about myself, my assets, and my liabilities. No matter how difficult they may be, I will have conversations with myself. I will know everything even though there may be things I would never discuss with anybody else I will discuss it with myself, and I will not hide.

Self-acceptance =

Regardless of the circumstances I encounter, I will accept my assets and liabilities as confirmations of who I am and learn to market them and manage them appropriately. I will take responsibility and ownership of these assets and liabilities and continue to strive to be the best me I can be. No matter what circumstance I find myself in, I won't entertain shame or apologize for who I am. I will instead continue to understand and be aware of how to function effectively. Rather than judging myself, I will simply learn how to manage myself better so that I can survive and then thrive.
It simply means that no matter how I feel about myself (and there may be a million feelings), there is only one action option I can take and that is to be my own best friend. To better understand how to use this tactic, review the sections on "feelings and actions" and "validation".

"Being your own best friend" allows you to experience unlimited feelings and this singular action. You can feel sad, angry, disillusioned, ashamed, or any other "positive" or "negative" feelings, but the only action you can take is that of being your own best friend. To be your own best friend, you must accept yourself without judgment, understand your assets and liabilities, take responsibility for your actions and shortcomings, but never humiliate yourself. Every action we would take for our best friend, we should take first for ourselves. Before taking any action, ask yourself: “Am I being my own best friend by this action?”

I wrote a poem to explain how I define “self-love” as I feel that it is relevant to understanding how to truly be a best friend.

I need to know myself.
Know how I define me.
The good and the bad
The ugly and the lovely

When every bone is counted
Behind every cupboard door
Nothing that is recanted.
Would make me hit the floor.

Nothing there to hide.
No more fear to harness
I can now enjoy the ride.

For I have SELF AWARENESS

When all the parts of me
My body and my soul
Have found a home to be.
I have achieved my goal.

For all the things I am
The assets and the "Asses"
Make me who I am!
So, I give no excuses.

My mind is the only place.
To find full repentance
I can now keep pace.
Because of SELF ACCEPTANCE

The self that is now aware
The self that is accepted
No more harbouring fear
"SELF LOVE" is now created.

The most significant relationship is the one that you have with yourself.
The triad of a successful relationship is:

1) Communication leads to
2) Trust and trust lead to
3) Intimacy

When we learn how to communicate with ourselves properly, we develop trust in ourselves, and we can be more intimate with ourselves and others.

Points to remember:

Being your own best friend does not mean that you love yourself or that you are satisfied with how things are. Instead, it simply means that no matter how you feel about yourself (and there may be a million feelings) there is only one action option open to you and that is the action of being a best friend.