

How did I break down my emotional walls? Developing my own “internal mother”

© By Bob Wilson BS, DTR

When no one is around and I NEED a HUG—I wrap my arms around ME and give myself a HUG! I tell myself, "I love you, Bobby Sweetheart. You are wonderful!" This felt very odd and unnatural at first. But I thought that if I could hit me over the head and wish me dead—as I had done on many times before, then I could certainly give myself a hug and a kiss; just as I would to a loving friend.

Oh Bobby, I love you...



as you are and as you are not.

Part of the root of my low self-esteem came from having **delight deficiency syndrome**. I didn't take enough time to care for my soul and spirit in nurturing ways. I found that deep down I didn't feel worthwhile. For me, **applied self-esteem** was learning how to take time for activities that fill up my well of reserve; so, from that well, I then take time to help others.

For me the daily practice of:

- Preparing yummy meals and snacks,
- Of bringing a food bag with me
- Taking time for loving social connections
- Finding fun ways to be active on a regular basis
- Taking time to provide a rich treasure chest of nurturing activities for me.
- Making time for daily prayer and meditation and retreats on a regular basis
- **Keeping my life in enough balance** so that I can regularly apply all of these ideas.

Just like a baby or child crying, you pay attention.



Embrace your pain and confusion as a loving mother would toward her child.

Talk with yourself:

Oh, sweetheart, what is the matter? What do you need? I am here for you.

I will not abandon you and I love you.

I hear that you are in pain. Can you tell me about it? Take your time.

Let me know when you are ready. I don't want to rush you or invalidate your feelings.

I will always be here for you.

So, let me know what hurts. Is there anything I can do to help?