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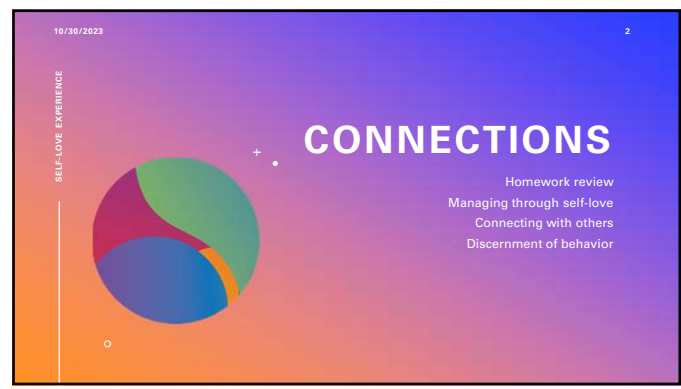
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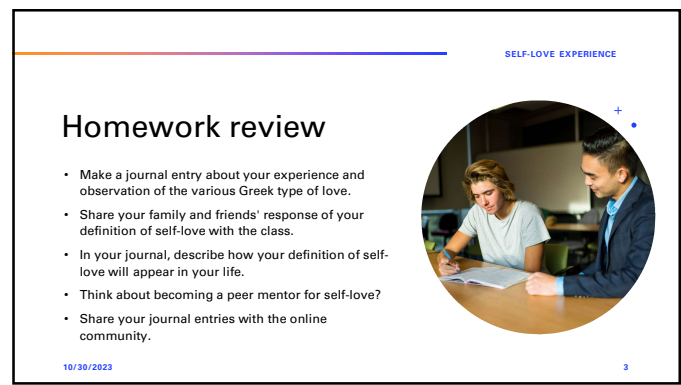
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SELF-LOVE EXPERIENCE

# Session 3

In this eClass, you will apply your learning from the eModule Essentials of self-love this includes:

- Managing loving yourself
- Connection with others
- Discerning others behavior



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# MANAGING THROUGH SELF-LOVE

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SELF-LOVE EXPERIENCE

# Managing how you treat yourself

- What is Intrapersonal Communication?
- What are some examples of Intrapersonal Communication?



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## You're not your thoughts

- Let's watch a video that illustrate how your self-talk can take over your feelings when responding to everyday situations.
- Watch and listen for understanding how your thoughts can affected your life.
- <https://youtu.be/0QXmmP4psbA>





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## You are not your thoughts review

- After watching You are not your thoughts video, what did you notice about yourself?
- Did you take notice of your thoughts?
- Share your reaction of the video



SELF-LOVE EXPERIENCE

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## Love me more

- Do you recall watching the Love me More video by Sam Smith in the Essentials of Self-love eModule?
- Share with the class your first reaction about the video.
- What did you notice about yourself after watching and listening to "Love Me More".
- Let's watch the Love me more video again. However, this time pay attention to how you react now to the video message.
- You will have 3:48 to watch this video.



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- Click on the link in the chat to watch Love Me More by Sam Smith
- <https://youtu.be/H1hDzq98WlY>




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## Love me more video review

- Share with the class your reaction now about the video.
- Did you notice a change in how you viewed the video or yourself?
- Class did you see any changes in you classmates first responds compared to their new response?



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# NEGATIVE WORDS

What are some ways negative self-talk affects your life?

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## Removing negative thoughts

- Being aware of negative thoughts
- Accepting your flaws
- Understanding your weakness
- Knowing your strength
- Replacing with positive words of self worth and power
- Doing what you enjoy



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## Managing prioritizing yourself

- Let's think about a moment where you were bullied or made to do something you did not want to do.
- How did that make you feel?
- Did you have a choice in doing or not doing it?
- Prioritizing yourself is putting you first.
- Being in your control of yourself to say no.
- Meeting your set goals for yourself without allowing others to take over your life with their plans.
- Managing what you do or do not do within your day.



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## Making the needed changes for you

- Write down some ways you can show up for yourself?
- Share with the class your ways of making yourself a priority?
- What will you do differently if you're not able to meet your needs or want as planned?
- This may happen because of a schedule issue or someone needing your time?



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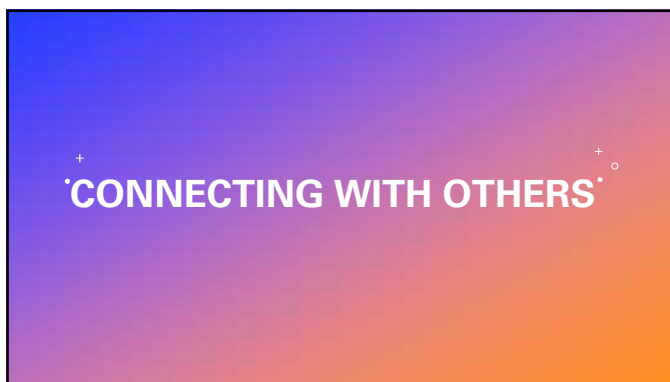
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### Managing how others treat you

- What is Interpersonal Communication?
- What are some examples of Interpersonal Communication?



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## Thousand words

- Interpersonal communication can be communicated in different ways.
- Let's look at Thousands Words starring Eddie Murphy.
- Pay close attention to the different ways Eddie Murphy communicated with those around him.
- Click on the link in the chat.
- <https://youtu.be/8rX7fkDLEx0>



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## Thousand Words Review

- What did you notice happening in the movie clip?
- Share with the class what you notice.



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## Connection

- Connection and building relationships with others is equally important to personal development.
- Our connection with others helps us to grow, gain an understanding of the world around us and our environment.
- Share with the class, what your current relationship with others say about your connection to others.



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## Connection

- Teach others how you want to be treated by your action.
- Speak up and or remove any negative vibe from your friendship with others.
- Pay attention to how others make you feel when you are in their presence.



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# ANY QUESTIONS

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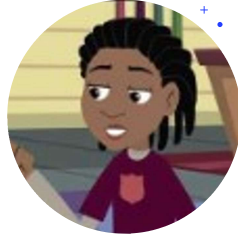
# DISCERNMENT OF BEHAVIOR

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## Discernment video

- Let's watch a video about discernment
- Pay attention to the message on how to use discernment.
- Click on the link in the chat to view the video.
- <https://youtu.be/gj0hYeObwoU?si=ERXd8D4i15R9z1SQ>



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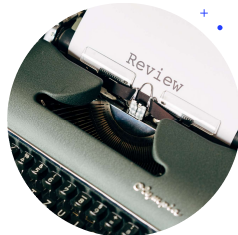
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## Discernment video review

- Share with the class, what you notice about the video message?
- Did you notice any similarities to your own person life experiences?



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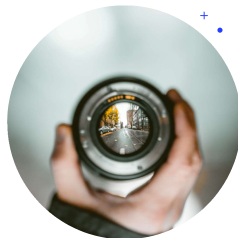
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## Discernment

- In the next slides you will see different images.
- Use discernment to help you give your understanding of what you see in the images.



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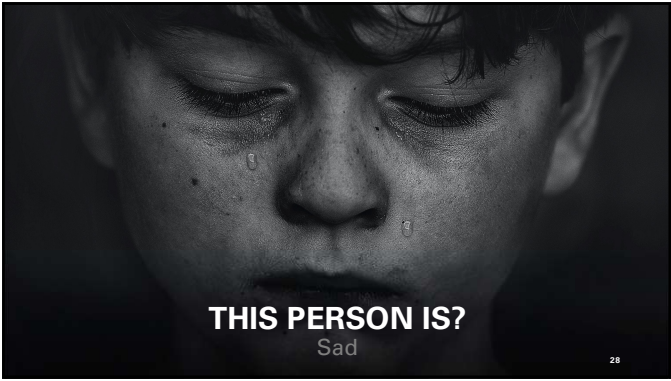
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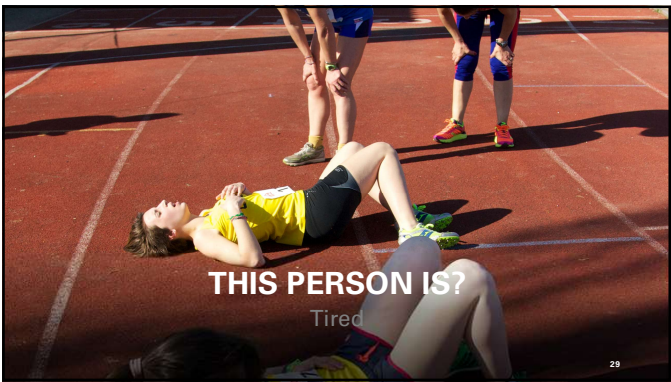
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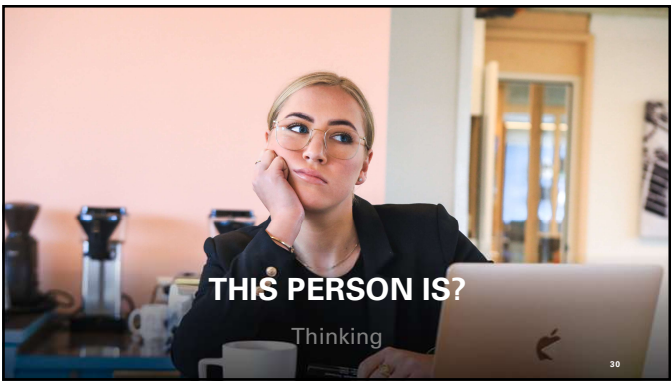
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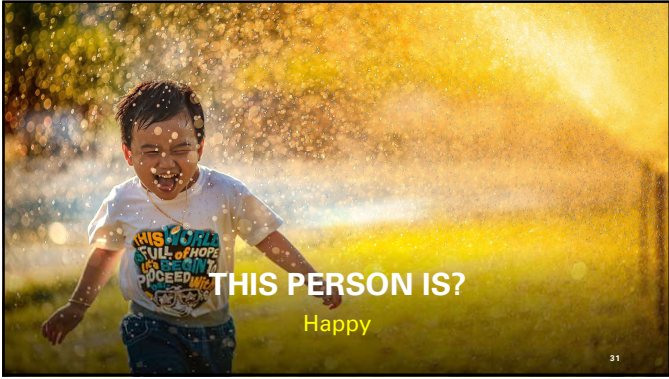
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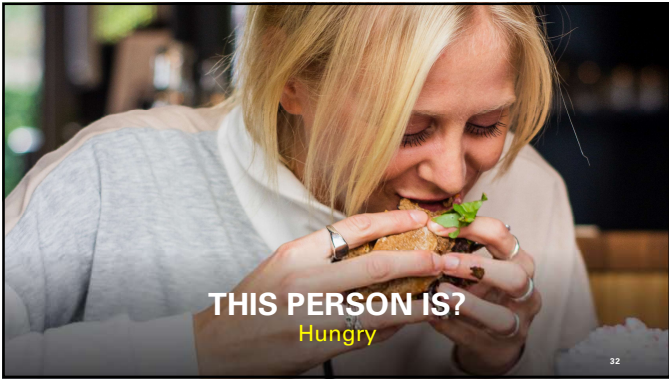
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## Homework

- In your journal, write how you plan to manage your self-talk?
- How will you manage your connection with other?
- Journal your experience of you using discernment in your personal environment.
  - Write what you notice.
  - Did you notice it right away?
- Share in the RITMO Fellowship Community you're your experience.
- Access the RITMO Community Fellowship forum <https://drshinshuri.com/forums/>



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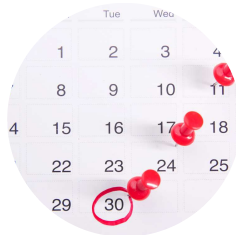
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## Schedule appointment

- Each session is up to 1-hour max.
- Click on link in form to schedule your appointment. <https://drshinshuri.com/schedule-an-appointment/>



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