

IN
THE
NAME
OF

love 2

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Nobody earns worthiness.

We are all equally as deserving of everything the world has to offer, just as much as everyone else.



Thoughts like:
You can't really love yourself because you're not
_____ enough.



Thoughts like:

You can't really love yourself because you're not
pretty enough.



Thoughts like:

You can't really love yourself because you're not
skinny enough.

pretty



Thoughts like:

You can't really love yourself because you're not
successful enough.

skinny

pretty



Thoughts like:

You can't really love yourself because you're not
rich enough.

skinny

successful

pretty



Thoughts like:

You can't really love yourself because you're not
talented enough.

skinny

successful

pretty

rich



Thoughts like:

You can't really love yourself because you're not
happy enough.

skinny

successful

talented

pretty

rich



Thoughts like:

You can't really love yourself because you're not
smart enough.

happy

skinny

pretty

successful

rich

talented



Thoughts like:

You can't really love yourself because you're not
feminine enough.

skinny

smart

happy

successful

pretty

rich

talented



Thoughts like:

You can't really love yourself because you're not masculine enough.

skinny

smart

happy

successful

pretty

talented

feminine

rich



Thoughts like:

You can't really love yourself because you're not
productive enough.

skinny

smart

happy

successful

pretty

talented

feminine

rich

masculine



Thoughts like:

You can't really love yourself because you're not
 nice enough.

skinny

smart

happy

successful

pretty

talented

feminine

rich

masculine

productive



Thoughts like:

You can't really love yourself because you're not
strong enough.

skinny nice smart happy
successful pretty
talented rich
masculine feminine productive



Thoughts like:

You can't really love yourself because you're not
tough enough.

happy

skinny nice

smart

pretty

successful

strong

rich

talented

feminine

masculine

productive



Thoughts like:

You can't really love yourself because you're not
caring enough.

happy

skinny

nice

smart

pretty

successful

strong

rich

talented

feminine

masculine

tough productive



Thoughts like:

You can't really love yourself because you're not
popular enough.

happy

skinny nice

smart

pretty

successful

strong

rich

talented

feminine

masculine

tough productive

caring



Thoughts like:

You can't really love yourself because you're not
creative enough.

skinny nice smart happy
successful strong pretty popular
talented rich
masculine tough productive
caring



Thoughts like:

You can't really love yourself because you're not well-liked enough.

skinny nice smart happy
successful strong pretty popular
talented feminine rich
masculine tough productive
caring creative



Thoughts like:

You can't really love yourself because you're not
admired enough.

well-liked

happy

skinny nice

smart

pretty popular

successful

strong

rich

talented

feminine

masculine

tough productive

caring

creative



Thoughts like:

You can't really love yourself because you're not contributing enough.

well-liked

admired

happy

skinny

nice

smart

pretty popular

successful

strong

rich

talented

feminine

masculine

tough productive

caring

creative



- No one can find out about _____.
- I'm going to pretend that everything is OK.
- I can change to fit in if I have to.
- Who do you think you are to put your thoughts/art/ideas/beliefs/writing out in the world?
- Taking care of them is more important than taking care of me.



Shame is basically the idea that there is something about me that if other people know it and see it then I won't be worthy of connection with them.



3 things to know about shame in order to overcome it:

1. It's universal, we all have it, the only people who don't experience shame have no capacity for empathy.

2. We're afraid to talk about it.

3. The less we talk about shame the more control it has over our lives. (It feels that shame hides in our darkest corners, but rather it lurks in familiar places.)



Guilt = I did something bad

Shame = I am bad



What kind of love do you want to attract?

What is it you feel about yourself that limits this from coming to you?

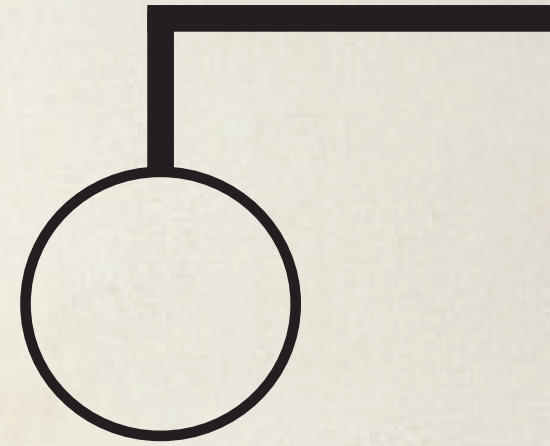
How are you keeping it away?



S_N_ _ O_ _N_I_L_M_N_



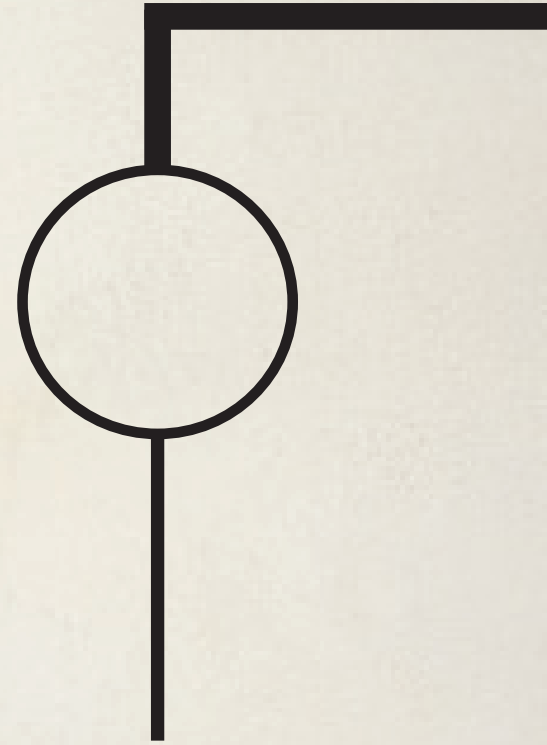
Marriage is for me



S_NS_ O_ _N_I_L_M_NT



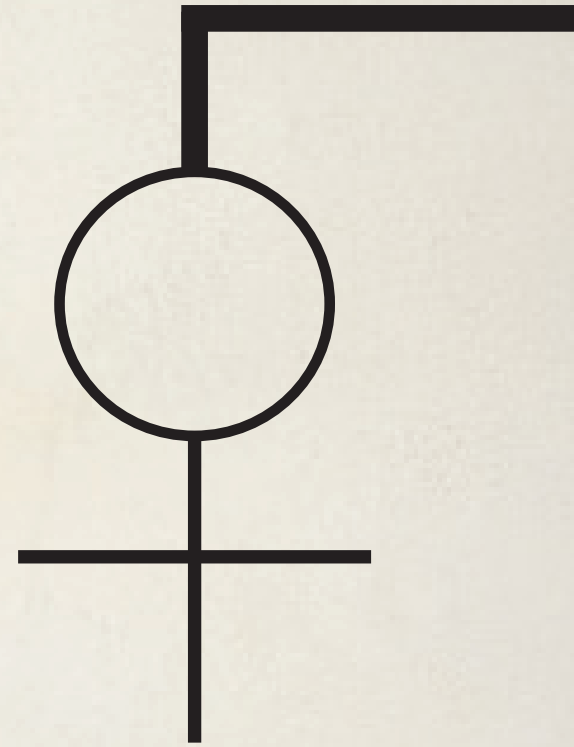
Marriage is for me
It's for meeting MY needs



S_NSE O_ _N_ITL_M_NT



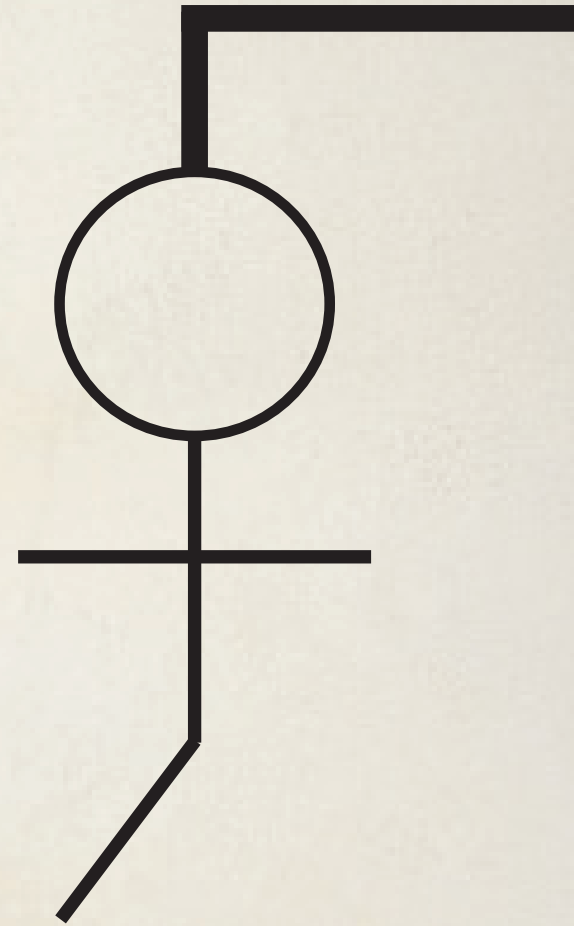
Marriage is for me
It's for meeting MY needs
It's not about what I DO



SENSE OF COMMITMENT



Marriage is for me
It's for meeting MY needs
It's not about what I DO
But how it makes me FEEL

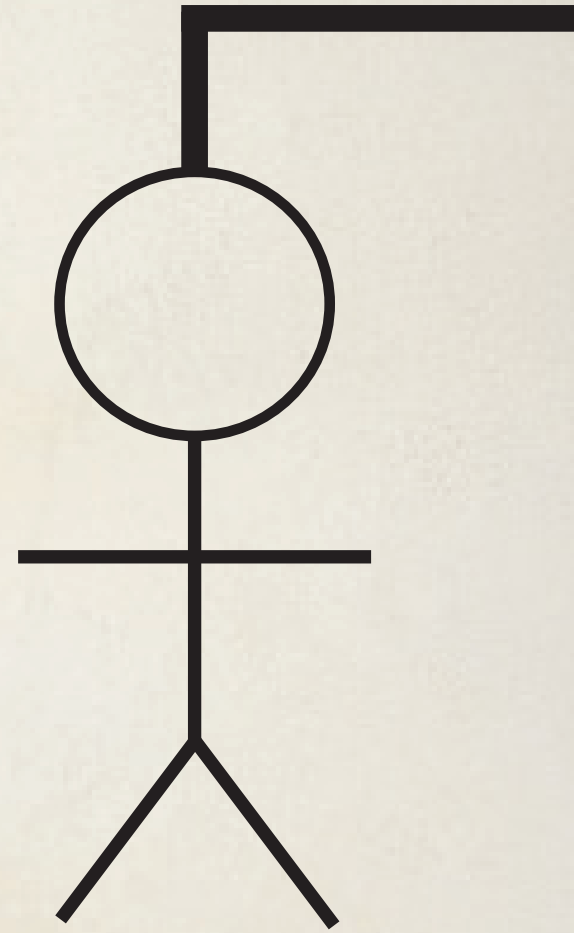


SENSE OF _NTITL_M_NT



Marriage is for me
It's for meeting MY needs
It's not about what I DO
But how it makes me FEEL
& I deserve better than I'm getting

SENSE OF ENTITLEMENT



There are 2 steps we need to take to avoid focusing away from the blessings we have:

1. Be aware that there is a constant voice or force that is going to try to get us to focus only on areas we're lacking. This voice is coming from the dark side of our nature.

2. It's our responsibility to fight this tendency, this means telling ourselves "I'm going to forget about that one area of lack & I'm going to focus even more strongly & reawaken appreciation for what I do have."



How much appreciation do you have for your partner?

Where do you have it & what is it specifically?

If you don't, why not?

Write down 3 things you can find to appreciate about them.



Think for a moment about your partner/most significant relationship and focus on something that bothers you about them.

Describe 3 things about this person that you don't like & want him or her to change.



Now look deep inside & ask yourself where am I like that? & When do I do the same things?

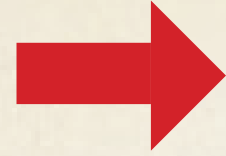
Then ask yourself, honestly, if you're willing to change.



The point is to help each other become a more perfect person-
Perfect according to each of your own inner ideals/with mutual help constantly evolving.

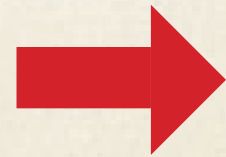


Meaning when a
person does actions
of sharing



He's not revealing
who he is.

But rather through
actions of sharing



He becomes a more
sharing person.



That person who we wish to become is somebody we cannot even fathom from the point of where we are now.



The **Michelangelo Effect** works only if your ideal image of your partner is synced with his own & vice versa.



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Still have questions?
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