



## BODYMIND THERAPY

### ONLINE COACHING

**Module 1.1:** Do I really love myself?

**Esercizio:** Semaphore of self-love

#### Instructions

1. Get (or download from our website) the **BODYMIND E-GUIDE** and search for the list of universal needs.
2. Order your most important needs: in the green area write the needs that you have satisfied to a large extent or completely, in the yellow area, the needs that could be more or better satisfied and in the red area, the needs that are very or completely unsatisfied. Take the time to sense and name your feelings.
3. Now remember that **only you are responsible** (not guilty!) for your feelings and solutions to your needs. Only you have the power to make yourself happy or unhappy, only you can choose the right people by your side and create or avoid the situations that are right for you.
4. Ask yourself: "Do I really take responsibility for this? Am I consciously or unconsciously waiting for something or someone to meet my needs for me? Are these expectations realistic and satisfying?"

