



Is Self Love.... Self-Centered?

*(A gentle question
many of us ask.)*

*“Have you ever wondered if
choosing yourself means
being selfish?*



You're not alone.

J. H. H. - nc.

*For a long time,
self-love was misunderstood.*

*It was often mistaken as
selfishness*

***“Self-Love is caring for yourself
with compassion.”***

- *Honoring your needs.*
- *Setting healthy
boundaries.*
- *Speaking kindly
to yourself.*



A woman with long brown hair, wearing a white sleeveless dress, stands in the center of a large, dimly lit crowd. She has a bright, glowing white halo around her head. The background is a warm, golden-yellow color, suggesting a divine or ethereal atmosphere. The crowd in the foreground is mostly in shadow, with only their heads and shoulders visible.

**“Self-Centeredness
is different.”**

*It places ‘ME’
above everyone else,
often dismissing others’ needs.*

Self-Love



- *Setting boundaries to protect your peace*

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- *Saying “NO” to honor your limits*

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- *Speaking kindly to yourself*

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- *Resting so you can return with presence*

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- *Choosing what’s right, not just what’s convenient.*

Self-Centeredness



- *Ignoring others’ needs to get your way*

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- *Saying “NO” to avoid responsibilities*

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- *Placing yourself above others with no regards*

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- *Withdrawing to avoid or escape*

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- *Seeking only personal gain or advantage*

**True Self-Love
doesn't close us off.
It helps us show up
more fully.**



**Begin with self-love...
and the door to greater
compassion opens.**