

I also want to point out that self-care is more than getting enough sleep and taking a hot bath when you're stressed out. As you move out of denial, you will probably see important areas of your life that you've neglected. These might be relationships that you've neglected or your faith that you'd given up on. Self-care also entails looking out for your own best interest when it comes to finances, legal matters, and safety. If you're afraid your loved one will cause you financial ruin or legal problems, it would be wise to consult an attorney or financial professional to advise you on how to protect your own interests. Burying your head in the sand is not a solution. You need to look out for yourself (and your minor children, if you have any).

Practicing self-care says: "I matter. I have value. I care about myself." If you don't feel it, do the self-care anyway and the feelings of self-worth will likely follow. And when you treat yourself with care and respect you will want to surround yourself with others who treat you this way, too.

Self-love is essential because if you don't love yourself just as you are, I can guarantee that no one else will either. The most important thing to remember about self-love is that it doesn't have to be earned. Love should be unconditional. Give yourself care and compassion no matter what you've done or whether you think you deserve it. Love has the power to transform you for the better.

Self-Care Tip

Seek support for yourself. If you're in a relationship, you and your partner can support each other through recovery, but you're simply too close to the problem to always be empathetic to each other's feelings and experiences. Part of taking care of yourself is developing or strengthening relationships with other people you can lean on.

Self-love is hard when you fixate on your flaws and mistakes and underestimate your contributions and strengths. Often this began because your parents and/or other adults told