

LOVE  
YOURSELF,  
HEAL  
YOUR LIFE  
***WORKBOOK***

LOUISE HAY

Edited by  
Glenn Kolb



**HAY HOUSE, INC.**

Carlsbad, California • New York City  
London • Sydney • Johannesburg  
Vancouver • New Delhi

*Published and distributed in the United States by:* Hay House, Inc.: [www.hayhouse.com](http://www.hayhouse.com)® • *Published and distributed in Australia by:* Hay House Australia Pty. Ltd.: [www.hayhouse.com.au](http://www.hayhouse.com.au) • *Published and distributed in the United Kingdom by:* Hay House UK, Ltd.: [www.hayhouse.co.uk](http://www.hayhouse.co.uk) • *Distributed in Canada by:* Raincoast Books: [www.raincoast.com](http://www.raincoast.com) • *Published in India by:* Hay House Publishers India: [www.hayhouse.co.in](http://www.hayhouse.co.in)

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording, nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the publisher.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for physical fitness and good health. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Hay, Louise L.

Love Yourself, heal your life workbook / Louise L. Hay: edited by Glenn Kolb.

p. cm.

Includes biographical references.

ISBN 0-937611-69-7 :

1. Self-acceptance—Problems, exercises, etc. 2. Change (Psychology)—Problems, exercises, etc.

I. Kolb, Glenn, 1951– II. Title.

BF575.S37H39 1990

158'.076—dc20

90-35636

CIP

ISBN 13: 978-0-937611-69-2

57 56 55 54 53 52 51 50 49 48

1st printing, May 1990



Printed in the United States of America

## DEDICATION

**W***orkbook* is such a strong word, and many of us feel that hard work is exactly what we must do in order to eradicate old, embedded thought patterns. I don't believe that making inner changes has to be "work," or difficult or painful either. I believe that it can be an adventure.

So, I would like to dedicate this book to the adventurer in *you*. You are on a treasure hunt. Each old negative pattern that you discover is only something to be examined and released. Beneath each pattern is a storehouse of treasure within.

Seek your own gold. Create your own good health. Fill your life with love. Find your own freedom. You are worthy. You do deserve. I will help you.

You are on a pathway to inner enlightenment. As you free yourself, you help to heal the planet.



## **PART I**

# **INTRODUCTION**



## BASIC TECHNIQUES

*“I am willing to change.”*

**T**his is a book about change. I know, you want everybody and everything else to change. Your mother, father, boss, friend, sister, lover, landlord, neighbor, minister, or government official must change so that your life can be perfect. It doesn't work that way. If you want change in your life, then you are the one who must do the changing. When you change, then all the other people in your world will change in relation to you.

Are you willing to change?

If you are willing, then together we can create the life you say you want. All you have to do is change some thoughts and release some beliefs. Sounds simple? It is. However, it is not always easy. We will explore some of the things you may believe in different areas of your life. If you have positive beliefs, then I urge you to keep them and expand upon them. And if we find negative beliefs, then I will help you let them go.

My life is a good example of what can happen when you change your thinking. I went from being a battered and abused child who grew up in

poverty, with little self-esteem and many problems, to a well-known woman who is able to help others. I no longer live in pain and suffering. I have created a wonderful life for myself. You can do it, too.

I encourage you to be gentle with yourself as you embark on the exercises in this workbook. Change can be difficult, or it can be easy. Acknowledge every effort that you make. Know that there may be a transitional period between your old and new belief systems. You may vacillate between former behavior and thinking patterns. Do not be discouraged. Be loving with yourself in the way you would be to a dear friend. Give yourself every encouragement as you go through this new experience.

You will get the quickest results if you can be consistent with the exercises in this book. And yet, even if you can only do one exercise per month, it will still be helpful. Do what you can. The exercises will give you new information about yourself. You will be able to make new choices. Every new choice you make is like planting a seed in your new mental garden. The seeds may take time to germinate and grow. Remember, when you plant a seed, you do not produce an instant apple tree. Similarly, you may not always get instant results from doing this work.

I advise you to use this workbook in sections. Try to do a segment of your life at a time. Really examine your feelings as you do each exercise. Read through the book once. Allow thoughts and memories to come up. Then go back and do all the exercises.

Do the exercises even if you have no problems in that area. You may be surprised at what comes up. Do the exercises several times if it is an area of difficulty for you. Create exercises of your own.

Sometimes it is good to have a box of tissues nearby. Give yourself permission to explore the past and cry if necessary. Tears are the river of life and are very cleansing.

I would like to review the basic beliefs that support my philosophy. You may remember them from *You Can Heal Your Life*.

## WHAT I BELIEVE

*Life is very simple. What we give out, we get back.* I believe that all of us are responsible for every experience in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by the thoughts we think and the words we speak.

Beliefs are ideas and thoughts that we accept as truth. What we think about ourselves and the world becomes true for us. What we choose to believe can expand and enrich our world. Each day can be an exciting, joyous, hopeful experience, or a sorrowful, limiting, and painful one. Two people living in the same world, with the same set of circumstances, can experience life so differently. What can transport us from one world to another? I am convinced



that it is our beliefs that do so. When we are willing to change our primary belief structures, then we may experience a true change in our lives.

Whatever your beliefs may be about yourself and the world, remember that they are only thoughts, and thoughts can be changed. You may not agree with some of the ideas that I am about to explore. Some of them may be unfamiliar and frightening. Do not worry. Only those ideas that are right for you will become part of you. You may think that some of the techniques are too simple or foolish and could not possibly work for you. I am only asking you to try them.

*Our subconscious mind accepts whatever we choose to believe.* The Universal Power never judges or criticizes us. It only accepts us at our own value. If you accept a limiting belief, then it will become the truth for you. If you believe that you are too short, too fat, too thin, too tall, too smart, not smart enough, too rich, too poor, or incapable of forming relationships, then those beliefs will become true for you.

Remember that we are dealing with thoughts, and thoughts can be changed. We have unlimited choices about what we can think, and the point of power is always in the present moment.

What are you thinking in the present moment? Is it positive or negative? Do you want this thought to be creating your future?

*When we were children, we learned about ourselves and about life from the reactions of the adults around us.* Therefore, most of us have ideas about who we are that we do not own, and many rules about how life ought to be lived. If you lived with people who were unhappy, frightened, guilty, or angry, then you learned a lot of negative things about yourself and your world.

*When we grow up, we have a tendency to recreate the emotional environment of our early home life.* We also tend to recreate in our personal relationships, those we had with our mother and father. If we were highly criticized as children, then we will seek out those in our adult life who will duplicate this behavior. If we were praised, loved, and encouraged as children, then we will recreate this behavior.

*I do not encourage you to blame your parents.* We are all victims of victims, and they could not teach you something that they did not know. If your mother or father did not know how to love themselves, it would have been impossible for them to teach you how to love yourself. They were coping as best they could with the information they had. Think for a minute about how they were raised. If you want to understand your parents more, I suggest that you ask them about their childhoods.

Listen to not only *what* they are telling you, but notice what happens to them *while* they are speaking. What is their body language like? Can they make eye contact with you? Look into their eyes and see if you can find their

inner child. You may only see it for a split second, but it may reveal some valuable information.

*I believe that we choose our parents.* I believe that we have decided to incarnate on this earth in a particular time and space. We have come here to learn specific lessons that will advance us on our spiritual, evolutionary pathway. I believe that we choose our sex, color, and country, and then we search for the particular set of parents who will enhance our spiritual work in this lifetime.

*All that we are ever dealing with is a thought, and a thought can be changed.* No matter what the problem is, your experiences are outer effects of inner thoughts. Even self-hatred is a thought you have about yourself. This thought produces a feeling, and you buy into that feeling. However, if you don't have the thought, you won't have the feeling. Thoughts can be changed. Change the thought, and the feeling must go.

The past has no power over us. It does not matter how long we have been in a negative pattern. We can be free in this moment.

*Believe it or not, we do choose our thoughts.* We may habitually think the same thought over and over so that it does not seem as if we are choosing the thought. But we did make the original choice. We can refuse to think certain thoughts. How often have you refused to think a positive thought about yourself? You can also refuse to think a negative thought about yourself.

*The innermost belief for everyone that I have worked with is always, "I am not good enough!"* Everyone that I know or have worked with is suffering from self-hatred or guilt to one degree or another. "I am not good enough, I don't do enough, or I don't deserve this," are common complaints. But for whom are you not good enough? And by whose standards?

*I find that resentment, criticism, guilt, and fear cause the most problems in ourselves and our lives.* These feelings come from blaming others and not taking responsibility for our own experiences. If we are all responsible for everything in our lives, then there is no one to blame. Whatever is happening "out there" is only a mirror of our own inner thinking.

I do not condone other people's poor behavior, but it is our belief system that attracts this behavior. There is some thought in you that attracts people who exhibit poor behavior. If you find that people are constantly abusing or mistreating you, then this is your pattern. When you change the thought that attracts this behavior, it will stop.

*We can change our attitude toward the past.* It is over and done, and cannot be changed. Yet we *can* change our thoughts about the past. How

foolish for us to punish ourselves in the present moment because someone hurt us long ago.

If we choose to believe that we are helpless victims and that all is hopeless, then the universe will support us in that belief. Our worst opinions of ourselves will be confirmed.

If we choose to believe that we are responsible for our experiences, the good and the so-called bad, then we have the opportunity to outgrow the effects of the past. We can change. We can be free.

*The road to freedom is through the doorway to forgiveness.* We may not know how to forgive, and we may not want to forgive; but if we are *willing* to forgive, we may begin the healing process. It is imperative for our own healing that *we* release the past and forgive everyone.

This does not mean that I condone poor behavior. I want to encourage the process of setting *you* free. Forgiveness means giving up, letting go. We understand our own pain so well. Yet, it is hard for most of us to understand someone's pain who treated us badly. That person we need to forgive was also in pain. And they were only mirroring what *we* believed about ourselves. They were doing the best they could given the knowledge, understanding, and awareness they possessed at the time.

When people come to me with a problem—I don't care what it is—poor health, lack of money, unfulfilling relationships, or stifled creativity—there is only one thing that I ever work on, and that is *loving the self*.

I find that when we really love, accept, and approve of ourselves exactly as we are, everything in life flows. Self-approval and self-acceptance here and now are the keys to positive changes in every area of our lives.

*Loving the self, to me, means to never, ever criticize ourselves for anything.* Criticism locks us into the very pattern we are trying to change.

Try approving of yourself and see what happens. You've been criticizing yourself for years. Has it worked?

## WORKBOOK TERMINOLOGY

### Affirmations

We will be using affirmations throughout this book. Affirmations are any statements that we make—either positive or negative. Too often we think in negative affirmations. Negative affirmations only create more of what we don't want. Saying, "I hate this old car," will get us nowhere. Declaring,

“I bless my old car and release it with love. I now accept and deserve a beautiful, new car,” will open the channels in our consciousness to create that.

Make positive statements about how you want your life to be. One important point is: *Always make your statements in the PRESENT TENSE*, such as “I am” or “I have.” Your subconscious mind is such an obedient servant that if you declare in the future tense, “I want,” or “I will have,” then that is where it will always stay—just out of your reach in the future.

Dr. Bernie Siegel, bestselling author of *Love, Medicine, & Miracles*, says that “affirmations are not a denial of the present, but a hope for the future. As you allow them to permeate your consciousness, they will become more and more believable until eventually they may become real for you.”

## Mirror Work

Mirror work is another valuable tool. Mirrors reflect the feelings we have about ourselves. They clearly show us the areas that need to be changed if we want a joyous, fulfilling life.

I ask people to look in their own eyes and say something positive about themselves every time they pass a mirror. The most powerful way to do affirmations is to look in the mirror and say them out loud. You are immediately aware of the resistance and can move through it quicker.

Keep a hand mirror near you as you read this book. Use a larger mirror for some of the deeper exercises.

## Visualization

Visualization is the process of using the imagination to achieve a desired result. Put most simply, you see what you want to happen, before it actually does happen.

For example, if what you want is a new place to live, picture a house or an apartment that you want, being as specific as possible. Then see it as if it were already true. Affirm that you deserve it. See your new home with you in it, going about your daily routine. Imagine as clearly as you can, knowing that there is no wrong way to visualize. Practice your visualization frequently, turning all results over to the Universal Mind, and asking for your highest good. Combined with positive affirmations, visualization is a most powerful tool.

## Deservability

Sometimes, we refuse to put any effort into creating a good life for ourselves because we believe that we don’t deserve it. The belief that we are not

deserving may come from our early childhood experiences. Maybe the belief came from our early toilet training. Perhaps we were told that we could not have what we wanted if we did not eat all of our food, clean our room, or put our toys away. We could be buying into another person's concept or opinion that has nothing to do with our own reality.

Deserving has nothing to do with having good. It is our unwillingness to accept that gets in the way. Allow yourself to accept good, whether you think you deserve it or not.

### **EXERCISE: *Deservability***

*Answer the following questions as best you can. They will help you understand the power of deservability.*

**1. What do you want that you are not having?**

*Be clear and specific about it.*

---

---

---

---

**2. What were the laws/rules in your home about deserving?**

*What did they tell you? "You don't deserve." Or "You deserve a good smack." Did your parents feel deserving? Did you always have to earn in order to deserve? Did earning work for you? Were things taken away from you when you did something wrong?*

---

---

---

---

**3. Do you feel that you deserve?**

*What is the image that comes up? "Later, when I earn it?" "I have to work for it first." Are you good enough? Will you ever be good enough?*

---

---

---

---

**4. Do you deserve to live?**

*Why? Why not? Did they ever tell you, "You deserve to die"? If so, was this part of your religious upbringing?*

---

---

---

---

**5. What do you have to live for?**

*What is the purpose in your life? What meaning have you created?*

---

---

---

---

**6. What do you deserve?**

*“I deserve love and joy and all good.” Or do you feel deep down that you deserve nothing? Why? Where did the message come from? Are you willing to let it go? What are you willing to put in its place? Remember, these are thoughts, and thoughts can be changed.*

---

---

---

---

You can see that personal power is affected by the way we perceive our deservability. Try this treatment. Put most simply, treatments are positive statements made in any given situation to establish new thought patterns, and dissolve old ones.

## DESERVABILITY TREATMENT

*I am deserving. I deserve all good. Not some, not a little bit, but all good. I now move past all negative, restricting thoughts. I release and let go of the limitations of my parents. I love them, and I go beyond them. I am not their negative opinions, nor their limiting beliefs. I am not bound by any of the fears or prejudices of the current society I live in. I no longer identify with limitation of any kind.*

*In my mind, I have total freedom. I now move into a new space of consciousness, where I am willing to see myself differently. I am willing to create new thoughts about myself and about my life. My new thinking becomes new experiences.*

*I now know and affirm that I am at one with the Prospering Power of the Universe. As such, I now prosper in a number of ways. The totality of possibilities lies before me. I deserve life, a good life. I deserve love, an abundance of love. I deserve good health. I deserve to live comfortably and to prosper. I deserve joy and happiness. I deserve freedom to be all that I can be. I deserve more than that. I deserve all good.*

*The Universe is more than willing to manifest my new beliefs. And I accept this abundant life with joy, pleasure, and gratitude. For I am deserving. I accept it; I know it to be true.*



## WHO ARE YOU? WHAT DO YOU BELIEVE?

*“I see myself with eyes of love and I am safe.”*

**I**n this section I would like us to look at ourselves and at our beliefs. We all have many positive things we believe, and we want to continue to reinforce these. And many of our beliefs are negative and continue to contribute to uncomfortable experiences. It is impossible for us to change any limiting beliefs unless we know what they are. Look at this list of words. Write down what they mean to you. For example, do you believe that:

**MEN. . .**

*Men are strong.*

*Men are bossy.*

*Men are smart.*

**WOMEN. . .**

*Women get paid less.*

*Women have to clean the house.*

*Women are soft and tender.*

**LOVE . . .**

*Love is for the birds.  
I love to be loved.  
Love equals loss and heartbreak.*

**SEX . . .**

*Sex is fun.  
Sex is only for marriage.  
Sex is painful.*

**WORK . . .**

*Work is boring.  
Bosses are mean.  
Other people have good jobs.*

**MONEY . . .**

*There is never enough.  
I'm afraid of money.  
Money is for spending.*

**SUCCESS . . .**

*Success is out of my reach.  
Only the rich are successful.  
I can succeed in little things.*

**FAILURE . . .**

*When I make a mistake, I am a failure.  
Failure means doing it wrong.  
Failure is something to learn from.*

**GOD . . .**

*God loves me.  
I am one with God.  
I'm afraid of God.*

Now it's your turn. Think of all the things these words mean to you.  
Make the list as long as you like.

**MEN...**

---

---

---

---

---

---

---

**WOMEN...**

---

---

---

---

---

---

---

**LOVE...**

---

---

---

---

---

---

---

**SEX...**

---

---

---

---

---

---

---

**WORK...**

---

---

---

---

---

---

---

**MONEY...**

---

---

---

---

---

---

---

**SUCCESS...**

---

---

---

---

---

---

---

**FAILURE...**

---

---

---

---

---

---

---

**GOD...**

---

---

---

---

---

---

---

## EXERCISE: *Your Story*

[illegible]

*What other negative beliefs could you have rattling around in your subconscious mind? Allow them to come up. You may be surprised at what you find. How many negative messages did you notice when you wrote your story? Each negative belief that surfaces is a treasure. "Ah ha! I have found you. You are the one that has been causing me all this trouble. Now I can eliminate you."*

*Other negative beliefs:*

---



---



---



---

This would be a good time to pick up your hand mirror and to look in your eyes and affirm your "willingness" to release all these old negative messages and beliefs. Breathe deeply as you do this and speak aloud if you can. "I am willing to release all old negative concepts and beliefs that are no longer nourishing me." Repeat it several times.

## Inner Child

Many of us have an inner child who is lost and lonely and feels so rejected. Perhaps the only contact we have had with our inner child for a long times is to scold it and criticize it. Then we wonder why we are unhappy. We cannot reject a part of us and still be in harmony within. Part of healing is to gather all the parts of ourselves so we may be whole and complete. Let's do some work to connect with these neglected inner parts of ourselves.

## Find a Photo

*Find a photo of yourself as a child. If you don't have one, ask your parents to send you one. Study this picture closely. What do you see? It may be joy, pain, sorrow, anger, or fear. Do you love this child? Can you relate to it? I took a small photo of myself at the age of five and had it blown up to 12 by 15 so that I could really see my little girl.*

*Write a few words about your inner child.*

---



---



---

---

---

---

---

***Draw a Picture***

*Take several crayons, felt-tipped pens, or colored pencils. You can use the paper in this workbook or get a larger piece of your own. Use your nondominant hand (the one you don't write with), and draw a picture of yourself as a child.*



*What does this picture tell you? What colors did you use? What is the child doing? Describe this picture.*

---

---

---

---

***Talk to Your Inner Child***

*Take a little time now to talk to your inner child. Discover more about this child. Ask questions.*

**1. What do you like?**

---

---

---

---

**2. What do you dislike?**

---

---

---

---

**3. What frightens you?**

---

---

---

---

**4. How do you feel?**

---

---

---

---

**5. What do you need?**

---

---

---

---

**6. How can I help you feel safe?**

---

---

---

---

**7. How can I make you happy?**

---

---

---

---

Have a good conversation with your inner child. Be there for that child. Embrace it and love it, and do what you can to take care of its needs. Be sure to let it know that no matter what happens, you will always be there. You can begin to create a happy childhood. This exercise works best with your eyes closed.

## POWER POINTS

**“I believe in my own power to change.”**

This small section may be the most important part of this book. Continually refer to it as you explore the various areas of your life. Make several lists of these seven points. Place these lists where you can see them. Read them often. Memorize them. When these concepts become part of your belief system, you will have a different perspective on life.

1. We are each responsible for our experiences.
2. Every thought we think is creating our future.
3. Everyone is dealing with the damaging patterns of resentment, criticism, guilt, and self-hatred.
4. These are only thoughts and thoughts can be changed.
5. We need to release the past and forgive everyone.
6. Self-approval and self-acceptance in the “now” are the keys to positive changes.
7. The point of power is always in the present moment.

As you do the exercises in this workbook, keep coming back to these seven points. Do not just get stuck in your specific problems. When you really accept these ideas and make them a part of your belief system, you become “powerful,” and the problems will often solve themselves. The object is to change what you believe about yourself and the world you live in.

It is not the people, places, and things that are creating a problem for you; it is how you are “perceiving and reacting” to these life experiences. Take responsibility for your own life. Do not give your power away. Learn to understand more of your inner, spiritual-self, and operate under that power that created only good for you.

**“I give myself permission to learn.”**

We hope you enjoyed this Hay House book. If you'd like to receive our online catalog featuring additional information on Hay House books and products, or if you'd like to find out more about the Hay Foundation, please contact:



Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100  
(760) 431-7695 or (800) 654-5126  
(760) 431-6948 (fax) or (800) 650-5115 (fax)  
www.hayhouse.com® • www.hayfoundation.org

---

***Published and distributed in Australia by:***

Hay House Australia Pty. Ltd., 18/36 Ralph St., Alexandria NSW 2015  
Phone: 612-9669-4299 • Fax: 612-9669-4144 • www.hayhouse.com.au

***Published and distributed in the United Kingdom by:***

Hay House UK, Ltd., Astley House, 33 Notting Hill Gate, London W11 3JQ  
Phone: 44-20-3675-2450 • Fax: 44-20-3675-2451 • www.hayhouse.co.uk

***Published in India by:*** Hay House Publishers India,

Muskaan Complex, Plot No. 3, B-2, Vasant Kunj, New Delhi 110 070  
Phone: 91-11-4176-1620 • Fax: 91-11-4176-1630 • www.hayhouse.co.in

***Distributed in Canada by:***

Raincoast Books, 2440 Viking Way, Richmond, B.C. V6V 1N2  
Phone: 1-800-663-5714 • Fax: 1-800-565-3770 • www.raincoast.com

---

**Access New Knowledge.**

**Anytime. Anywhere.**

Learn and evolve at your own pace  
with the world's leading experts.

www.hayhouseU.com