The Expert Says

People only treat you as well as you treat yourself, so it’s important to remember what qualities you love about you, says life coach Tia Brown.

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What are the benefits of loving yourself?

When you take the time to dote on yourself emotionally and physically, you feel better. When you look great, think positively and exude happiness, you draw those things into your life. The law of attraction is real.

What are some steps you can take to find self-love?

The first thing you must do is accept yourself. You are unique. Embrace your strengths and aim to improve your weaknesses, and understand that no one is perfect. You can only be the best you.

What are some signs you don’t love yourself enough?

If you are constantly disappointed by the actions of others, that means you may be picking individuals who treat you poorly.

When is it time to seek professional help?

I suggest seeking help when you realize you are doing the same thing but expect a different result.

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