



# Self-Love Journey

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## Step 30 :Take Risks

Self-love is not only a mood that reflects a pleasant, nourishing, loving, supportive, and friendly inner relationship. When self-love develops and grows, everything that takes place in a person's soul is only a part, indeed an important part, but no more than a part of the overall picture that is gradually revealed as one deepens the skill of self-love and moves with it to the places to which the soul wants to grow and expand.

Every person, in every life circumstance, must sometimes take a risk in order to face a particular challenge better or in order to bring about a change that is most essential for living the right, healthy, and more rewarding life. Taking risks is not a right to be realized only in extreme situations or a right that is given only to exceptional people. Taking risks is an inseparable part of a life that is worthy, abundant, balanced, and more enjoyable.

Why must we sometimes take risks and why, without them, might our situation become worse?

On the one hand, there is within us a drive for growth, development, and creative expression, and on the other hand there are fears, excessive criticism, delaying environmental influences, and general norms of procrastination, little unique self-expression, and pressure not to change, not to be changed, and not to deviate from what the collective is doing. Therefore, if we do not take risks that bring to the front of the stage what we feel we must do, yet fear, we will not only remain in place but will retreat. The reason for this is simple, in the place where there is no development, growth, and positive change, the opposite factors grow, erosion, stuck-ness, and unwanted changes. The energy of life operates in any case and exerts an influence. If we do not cause the energy to realize its power in the right direction, it will be forced to realize it in the wrong direction. This is what happens when we fear taking risks.

Seemingly it is safer not to take a risk. I know what I have, so why should I set out on an unknown path that may or may not succeed? Why do I need the worries and the tensions when I take a risk? Is it not preferable to pass another day without upheavals and challenges that are too large, and simply return home safely to what I have accumulated, created, done, and built? Why should I risk everything with various actions and initiatives that I have no idea where they will lead me in the end?

Because a person is like a tree. A person grows branches, and from them fruits develop, the fruits of fulfillment and the unique expression of every person. To reach the ability to bear from the self juicy and special fruits, a person must grow branches, expand their contact with the environment, seek more, move more, cultivate curiosity, and a passion to get to know and to learn, strengthen the need for new experiences, and never rest on their laurels.

The branches of personal growth, at least some of them, at least at the beginning of their path, are the products of risks that must be taken. These risks respond to healthy passion that bubbles from within and tries to lead us to new places, more interesting, broader and deeper, where we can experience, express, live, and receive from life more than we are receiving now.

If we almost never take risks, then our situation becomes more dangerous, because if we suppress our natural urge to grow, to expand, to grow branches, and to move into new spaces, then we become weak, vulnerable, predictable, boring, fearful, and hesitant. As a result, we will find ourselves in an embarrassing and undesirable place, and we will not understand how it happened. After all, we are doing exactly what is required, are we not? We eat healthy food, we try to avoid negative thoughts, we are kind and generous to friends and family, we do what is required of us at work, and overall we are rather good people. And yet things go wrong, and yet something within us feels lacking, feels that there is an inner space that remains empty and spoils the celebration we thought we were part of.

This is what happens when we do not take risks and continue to move along the same paths for a long period without daring to deviate from them. We then become dull, less and less able to notice important things that we can change in ourselves, we retreat into the bubble of what is familiar to us, and we develop an antagonism toward everything that does not belong to our space. Creativity gradually fades, and with it our spontaneity, our imaginative reach, our passion, and our emotional balance.

Self-love is here to help us learn how to take healthy risks, how to respond better if the risk does not prove itself, how to accompany ourselves in moments of fear when we set out on a new and unusual path, how to cultivate vision and determination while we are groping in the dark of a new initiative of which we have no idea where it will lead us.

Self-love helps us cultivate a natural and necessary optimism in order to take risks that will allow the soul to move forward. Optimism is a component that exists within every person, but in the absence of self-love and in the absence of proper cultivation of the ability to see positive possibilities now and later, pessimism grows in its place. When we are pessimistic we weaken and we are terrified of change. Self-love can correct this situation. Self-love, through its softness and wisdom, transfers us gently, safely, and in small steps, from pessimistic and cynical worldviews to worldviews that contain hope, adventurousness, and healthy naivety.

Self-love ensures that we truly serve our good. It does not allow us to remain in place, because one who loves oneself wants the best life possible to live, and that is possible only with the integration of some risks as part of the routine of life.

Moreover, taking risks is important not only for the change to which it leads, but also for refreshing the soul and strengthening it. Taking risks is good in and of itself and good also in order to get used to it, to learn not to fear it, and to see in it an adventure and an experience even if sometimes the story fails and does not succeed. Taking risks is a skill that every person whose life matters to them must feel that their ability to take risks is reaching a satisfying level. As long as we are afraid to take risks, we will find it difficult to cultivate a positive self-image that allows us to find within us joy, satisfaction, and a taste for life.

From our self-love we will enter adventures that in the past we would not have dared even to consider. From our self-love we will forgive ourselves in advance with a smile and a hug for risks that will not yield worthy fruits. From our self-love we will be moved by the very fact that we dare and do something new and different. From our self-love we will choose not to be people who pass day after day trying to avoid trouble, but to be people who see every day as an opportunity for renewal, growth, and healing. These things will indeed happen, and faster than can be imagined, when under the protection of self-love, we follow healthy passion, take a risk, and see that not only is the demon not so terrible, but that we already feel like sketching and cooking up the next risk.

**Practice Questions (Answer in handwriting or share in a practice group):**

1. Do you consider yourself a person who likes to take risks, in general?
2. Which risks you have taken in the past stand out to you the most? How do you feel when you recall them?
3. Why do you think it is sometimes very important for a person to take certain risks?
4. What do you think happens if one completely avoids taking risks?

5. How can your self love support you when you decide to take a risk that feels important and worthwhile, even though it is still a risk?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?