



Self-Love Journey

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Step 6: Fear of Environmental Disconnection

One of the concerns that occupies people who fear increasing self-love in their lives, whether consciously or not, is the possibility that strengthening a person's relationship with themselves will lead to distancing and even breaks with those close to them, with family, with friends, and with the surrounding environment. According to this view, there is apparently a price to self-love, and it involves losing or damaging relationships that have accompanied us for a long time.

Why do we come to the thought, the fear, or the assumption that greater self-love means distance, separation, or even parting? What is the connection between these things? How does the sophisticated human mind reach conclusions that repeatedly prevent it from enjoying the most important gifts of life, which arrive when more love flows through the person's body?

This likely stems from the inner codes that shape many of the relationships in which we were raised or that surround us. If we look closely, almost everywhere we can encounter expectations and even demands that a person give up parts of their needs, desires, longings, and preferences as a condition for society to exist, as a condition for the family to remain intact, and as a condition for friendships not to break.

There is indeed some measure of validity in this worldview and in this prevalent way of understanding and conducting relationships. As long as a person cannot negotiate effectively, is not attentive to the needs of their environment, and does not act accordingly, they will not be able to take part in meaningful, nourishing, and stable relationships. The importance of compromise, of patient listening to differences, and of searching for ways that several people can share one space without it coming at the expense of any one of them, forms the building blocks for the existence of a group and of a social system.

However, when such demands become excessive and cross the boundary of the individual, when they cut off the person's path, unique voice, and personal approach to every matter, the family framework becomes hostile to the development of the individual. Such a condition, which people are usually unaware of, carries a very heavy price with respect to the person's relationship with themselves, which is gradually harmed over time. Worse still, social systems in which the individual increasingly forgets their unique path and the statement that only they can speak to themselves and to their environment suffer from chronic damage and from a

disturbance in the quality of the social framework, in its stability, and in its ability to meet various challenges.

Indeed, there are situations in which, as a result of healthy development that a person undergoes, of growth and sobering, during which the person stops giving up what matters to them and adopts a way of life in which they listen, with love, to their real priorities, changes occur in one relationship or another. People close to that person who struggle to contain the change and to see its goodness and usefulness may be gripped by fear and may respond unpleasantly, even distancing themselves from that person, at least for a time.

Sometimes, when self-love grows and becomes present and consistent, some of the people with whom we had a certain kind of connection suddenly become less relevant, because being in their company becomes less pleasant, less nourishing, less supportive of the process of growth, and sometimes simply boring. In the framework of developing self-love, we can find ourselves more authentic and more courageous, and from that we may change certain kinds of relationships or connections that turn out to contradict the soul's path toward healing, positive change, growth, and self-discovery.

Yet what occurs in most cases, whether immediately or after some time, is exactly the opposite. The more a person loves themselves, the easier it becomes for them to be more tolerant of the non-harmonious parts within their family, friends, neighbors, and colleagues. Self-love grants an inner space of flexibility and creativity that gradually replaces the places where there were blocks or ongoing conflicts with certain people nearby.

As self-love develops and becomes more stable and consistent, the people around tend to yield to it and learn to resist less the changes that the individual undergoes. After all, if someone truly loves us, why would they fear our feeling better about ourselves and representing our true interests more clearly. On the other hand, what harm is there if people who struggle to see us more joyful and at ease choose to distance themselves and retreat into their rigid beliefs about what a person may or may not say to themselves or do with themselves.

Love, in all of its healthy and nourishing forms, can never be a bad thing. Love is the embodiment of good, the source of good, and the expression of good on Earth. Love is the way to good, it is the answer of good, and it is the safe path toward what is better in life. Love is the highest attainment, the most helpful comfort, the essence of self-confidence, the most important component of mental and physical health, and the best source of healing and change.

In the long term, as self-love develops within the individual and within their environment, interpersonal connections become more positive, more direct, and more open. A person who loves themselves and can successfully contain their less beautiful and less aesthetic sides develops within themselves an ability to contain, to love, and to accept with understanding and tolerance the stuck, unlovely, and unpleasant parts in others. Such a person is a precious asset to the environment, while continuing to place themselves at the top of their priorities and at the same time being able to grant more gifts and positive influence to those around them.

When we set out to cultivate our self-love, which is without any doubt the greatest commitment that stands before the mature person, we must look directly at a somewhat saddening but unavoidable fact. There are people who are very afraid of any phenomenon, expression, or attitude that is connected to cultivating the inner bond. Such people may be found in our family, among our friends, at work, and in other places we go. These people understand very little of what self-love truly is, if anything at all, and they are captive to prejudices that separate them from the best thing they could ever give themselves.

Such people may express their position directly or indirectly, and some of them may be important and dear to us. They will place before us a significant challenge on our way toward increasing self-love and on our way to establishing an inner relationship based on commitment to listening, tolerance, empathy, and support. They may lead us to deal better with our own blocks and with our fears about deeper self-love. They will grant us a kind of test in which the soul examines us to see how determined we are to become people who truly love themselves or whether we are not yet ready.

As stated, most of the fears or potential problems do not materialize. Self-love mainly brings about blessed changes, even if along the way it encourages some dismantling or ending that has long been waiting to happen but was avoided due to fear of change and growth. Self-love enhances families, dissolves conflicts, renders ego wars unnecessary, and helps a person arrive in social settings with reduced tendencies toward dependence on others and on their capacity to grant us attention or love. Self-love is one of the most important tools for the stability of any social framework, and this is a fact that many people have not yet internalized. We are here to learn how this can work, and we can spread this message further, out of the healthy and developing self-love that we will discover and cultivate within us.

Practice Questions (Please answer in handwriting or share in a practice group):

1. Have you experienced situations with people close to you where there was a **conflict between your self love and their expectations, demands, or requests?**
2. Do you remember a situation in which you had to **firmly refuse something you were used to doing for others**, but were no longer willing to do?
3. Can you now see how a **developed sense of self love** may help you when you want things that are **different from what your environment expects or prefers?**
4. Self love can sometimes take a person, temporarily, to a place where a **certain sense of belonging no longer feels suitable**. Have you experienced something like this? Do you fear such a possibility in the future?
5. In which areas does your **love for yourself sometimes not fully align with the circles of belonging** that you are currently part of? How are you dealing with these gaps at the moment?
6. Any other thoughts or feelings about this step that you would like to share?