

What is Self Care?

SELF-CARE WHEEL

We take tender care of our body, our food, our possessions and clothes, our desires and dreams, our fun, our vacations, and our emotional and sexual needs. We dedicate time and energy to ourselves – SLAA Anorexia Recovery Tools



SLAA State of Grace – Daily Meditations

I was beyond the point of feeling that solitude was only deprivation, and was faring well. I had done many things which I had always depended on others to do for me. I had learned to take real pleasure in my ability to take care of myself. — SLAA Basic Text, Page 37

In this quote from the Basic Text, Rich had been living alone and going to SLAA. He says, “I had learned how to cook a good meal for myself, to do my laundry, to maintain my apartment.” Sex and love addicts usually try to manipulate others into doing mundane (or big) tasks for them.

When we depend on others, they don’t do it right or they end up resenting us or they take control. In my case, it was my parents who did everything for me because I could never get the unavailable men to do anything for me (talk about repeated blows to the ego). I felt like a little kid in my thirties!

My sponsor told me to take a 30 day no contact and to stop taking money from them. The time alone made me realize how much work it is to take care of myself. But I got to pursue my own interests and felt real pride and dignity for the first time. I wasn’t looking to anyone else for approval, only myself. That feeling is so freeing, getting off the hamster wheel of trying to manipulate others to do what I could do for myself.

Higher Power, help me to focus on loving myself, that I may be healthy enough to love others.

