

This follows you everywhere you go

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=4Q3VZYb9nME](https://www.youtube.com/watch?v=4Q3VZYb9nME)
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SUMMARY

Our relationship with ourselves profoundly influences how we respond to external situations and interactions. The way we react to challenges and criticisms often mirrors our internal dialogue and self-perception, highlighting the importance of self-compassion and belief in oneself.

- *Our reactions to external events reflect our internal self-relationship.*
- *Negative feedback or failures can trigger intense reactions rooted in self-critique.*
- *Perfectionism and achievement obsession often stem from how we view ourselves.*
- *Observing our reactions can provide insight into our self-beliefs and internal dialogue.*
- *Self-compassion and belief in oneself are crucial for emotional resilience.*
- *The evidence of our self-relationship is present in our daily interactions and responses.*
- *Being your own cheerleader and best friend can positively impact how you handle challenges.*

here's the thing that I think most people don't understand our relationship with ourselves follows us everywhere it is showing up everywhere how we react when someone tells us we're fat or stupid or ugly how we react when we lose a job how we react when our child says I hate you and slams the door how we react when we don't get the job we want how we react is really and truly and deeply a

reflection of how we react to ourselves how we react to the outside is how we react to ourselves so if our child gets a c-grade and we're losing our minds it's because that perfectionism or that obsession with achievement that critiquing voice is our voice to ourselves how we fall apart or stay put together all has to do with our own belief in ourselves so here's the good

thing the data is everywhere you don't need to go looking for the best therapist or spend thousands of dollars on a course or travel the world to get to know who you are the data the evidence is right in front of you how you are reacting to the world is a reflection of how you react to yourself do you have compassion do you believe in yourself are you your biggest cheerleader do you back yourself up are

you your best friend do you believe in yourself all of this all of it is a reflection of your own internal dialogue your own internal connection with yourself so keep a keep an eye out how are you reacting how is your energy level it is rarely about the outside thing and mostly always about how you are with yourself