

# Talking Points Guide

## Episode 35: Love Yourself First to Love Others Well

Below are some actions that give real meaning to the words “I love you.” And, to give these behaviors of love to others you must give them to yourself first. Put a check mark by each loving action you consistently give to yourself. Be honest 😊 because if you are not patient with yourself you cannot be patient with others. So work on filling yourself up with these loving behaviors so you do love yourself first to love others well. ♥

**Accepting:** Amenable or open

**Attentive:** Mindful and observant

**Committed:** Carrying into action deliberately

**Compassionate:** Having genuine sympathy for others

**Cooperative:** Willing to work with others

**Devoted:** Characterized by loyalty

**Empathetic:** Understanding and being sensitive to the experiences and feelings of others

**Encouraging:** Inspiring with courage, spirit, or confidence

**Enduring:** Lasting

**Faithful:** Steadfast in affection or allegiance

**Forgiving:** Ceasing to feel resentment against an offender

**Giving:** Freely and without attachment putting something into the possession of another

**Grateful:** Appreciative of what one already has or has received

**Honest:** Free from fraud or deception

**Kind:** Of a sympathetic and helpful nature

**Loyal:** Characterized by unswerving allegiance

**Nurturing:** Helping grow or develop another person or animal

**Patient:** Steadfast despite opposition, difficulty, or adversity

**Peaceful:** Devoid of violence or force

**Respectful:** Characterized by or showing politeness or deference

**Responsible:** Marked by being accountable

**Sensitive:** Aware of and responsive to the feelings of others

**Supportive:** Upholding or defending, as in being an advocate

**Tender:** Marked by, responding to, or expressing soft emotions

**Truthful:** Sincere in action, character, and words

**Understanding:** Accepting tolerantly or sympathetically