

MY TACTICS - BEST FRIEND

“Remember that what belongs to the heart can never be taken from you, can never be stolen or bought but is given freely by those you love and who love you and this love is a precious substance from which we all derive our existence. Find time to enjoy the beauty of your existence, to revel in and maximize the opportunities you have, to love and be loved in return. Let your eyes be open so that you can capture forever the images that are dear to you that they may forever remain with you even after they may have left you and like distant stars continue to glimmer in the night of your existence light years after they have gone”.
- Toye Oyelese

I will be my own best friend

When I do not feel like hearing myself
I will find a way to listen

When I do not feel like seeing myself
I will find a way to look

When I do not feel I love myself
I will find a way to care

When I do not feel I deserve anything
I will find a way to give

When I feel that no one is there
I will be my own best friend

© June 2010 Toye Oyelese

Remember **self love = self awareness + self acceptance**

Self awareness = I will know everything about myself, the assets and liabilities so that no one will be able to tell me anything that I do not already know. I will have conversations with myself no

matter how difficult they may be. I will know everything even though there may be things I would never discuss with anybody else I will discuss it with myself and I will not hide.

Self acceptance = I will fully accept my liabilities and assets as a confirmation of who I am and so I will learn to market my assets and manage my liabilities depending on the circumstances I encounter. I will take responsibility for and ownership of these assets and liabilities and continue to be the best me that I can be. I will not entertain shame nor will I apologize for who I am but simply continue to understand and be aware of how to be functional in any circumstance that I find myself in. I will not judge myself but simply understand how to manage myself better so that I can survive and then thrive.

Being my own best friend does not mean that I love myself or that I am satisfied with how things are, it simply means that no matter how I feel about myself (and there may be a million feelings), there is only one action option open and that is the action of being a best friend. How to use this tactic would be better understood by reviewing the sections on “feelings and actions” and “validation”.

The method of “being your own best friend” allows you the option of unlimited feelings and this singular action. In other words it is okay to feel sad, angry, disillusioned, ashamed or any “positive” or “negative” feelings but the only action available is that of being your own best friend. Being your own best friend is a process of self-acceptance without judgment, understanding your assets and liabilities, taking responsibility for your actions and shortcomings but never throwing yourself under the bus. Anything we would do for our best friend we should do for ourselves first, before taking any action always ask the question “am I being my own best friend by this action?”

I wrote a poem to explain how I define “self love”

I need to know myself
Know how I define me

The good and the bad
The ugly and the lovely

When every bone is counted
Behind every cupboard door
Nothing that is recanted
Would make me hit the floor

Nothing there to hide
No more fear to harness
I can now enjoy the ride
For I have **self-awareness**

When all the parts of me
My body and my soul
Have found a home to be
I have achieved my goal

For all the things I am
The assets and the "Asses"
Make me who I am
So I give no excuses

My mind is the only place
To find full repentance
I can now keep the pace
Because of **self-acceptance**
The self that is now aware
The self that is accepted
No more harbours fear
Self-love is now created

The most important relationship is the one that you have with yourself. The triad of a successful relationship is:

- 1) Communication leading to
- 2) Trust and trust leading to
- 3) Intimacy

When we learn how to communicate with ourselves properly we develop trust in ourselves and we can be more intimate with ourselves and others.

Points to remember:

Being your own best friend does not mean that you love yourself or that you are satisfied with how things are it simply means that no matter how you feel about yourself (and there may be a million feelings) there is only one action option open to you and that is the action of being a best friend.