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ENGLISH
FIRST

**Learn
to Love
Yourself!**

Golden Rules
for Self-Care

THOMASIN MCKENZIE

New Zealand's New Star

**Food, Family
and Football**

The Magic of American
Thanksgiving

V souladu s
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How to Love Yourself

Be Your Own Best Friend

How do you respect, trust¹ and like yourself? Sometimes it can feel like the hardest thing in the world. We are going to look at some strategies and new ways of thinking about yourself to help you have more self-esteem*.

PAUL FARRINGTON-DOUGLAS (UK)

The Other Golden Rule

We think a lot about how we should **treat**² other people. We try to follow the "golden rule" and treat others as we want to be treated ourselves. We try to be kind. We know not to expect people to be perfect. We should remember that everyone can learn and grow. We should expect people to try to do better after making a mistake, and we know that this is not easy to do.

We do all this for others. But there's another golden rule, and it's just as important: treat yourself as you try to treat others. It means doing just the same things, but for yourself. For example:

Don't expect yourself to be perfect.

Be kind to yourself.

Leave room for mistakes, and also leave room to grow and change.

For many people, this is very difficult. We look at ourselves in the worst way, **judge**³ any mistakes very **strictly**⁴ and do not **forgive**⁵. We don't allow ourselves room to breathe and grow. And yet, if we saw someone treating another person like this, we'd be angry.

If you **demand**⁶ that a friend should be perfect all the time, you'd be a terrible friend. You're not, though: you accept your friends and love them as they are. Do the same for yourself. Be your own friend, too.

(Me?)



The Achievement⁷ Trap⁸

Why do we love and respect our friends? Is it because of their achievements, such as the things they do better than others, the things they own, how they look or dress?

Imagine you have a good friend who is kind, **supportive**⁹, strong and **passionate**¹⁰. Someone who has qualities you love and **admire**¹¹. Now imagine that this friend doesn't get the job they wanted, for example, or that they don't lose weight. How would that make you feel? You might share their **disappointment**¹². But would you stop respecting them? For most people, the answer would be "No, of course not."

Now imagine the **reverse**¹³. Imagine someone you don't much like, and who perhaps doesn't much like you, either. Someone whose opinions you don't respect and who is not important to you as a friend. Now imagine them achieving something – winning a sports medal or making a lot of money. Would you suddenly love them? Again, for most people, the answer would be no.

"Accept yourself. You don't have to prove anything to anyone except yourself."

DRAKE

"You are always with yourself, so you might as well enjoy the company."

DIANE VON FURSTENBERG
(fashion designer)

Don't Be Your Own Bad Friend

A good person doesn't stop respecting their friends because they don't achieve some goal. A good person doesn't want to automatically be friends with anyone who is successful. In fact, most of us would see both of these **behaviours**¹⁴ as signs of a bad friend, or even a bad person. And yet, this is how many of us behave to ourselves when we judge ourselves by our achievements and **failures**¹⁵. We are bad friends to ourselves, and we think this is normal.

If you start treating yourself as you would treat a friend, you will find lots to respect and love in yourself. What's more, you'll find that it's not even very difficult. You'll find ways to improve, as well, because you're not perfect – but these won't be about big achievements. They'll be the same things you'd want from a friend.



The Judgement of Others

When other people say unkind things about us, it hurts. A few words can destroy our sense of **self-worth**¹⁶. And in these days of social media, you can end up hearing very cruel things not just from the class **bullies**¹⁷ but from tens, hundreds or even thousands of strangers.

You can't get away from other people's judgements. However, it's not a matter of saying, "I don't care what people say." Instead, it's "Why should I care about what *this person* thinks?" In short, if someone is judging you, judge them right back.



Judging Them Back



That doesn't mean that if someone is judging your clothes, then you should judge theirs. It doesn't mean that you respond to **fat-shaming**¹⁸ by pointing to someone's bad skin. Not at all. It means that you should ask yourself: "What kind of person cares so much about my body or my clothes? And do I really want to change my opinions because of someone who thinks this is a good way to be?"

It's not easy, so here's a useful trick. Try a similar strategy to the "other golden rule". Ask yourself "If someone said this to my friend, what would I think? Would I think badly of my friend – or would I think badly about the person who is speaking?"

And remember that, as the philosopher Billie Eilish puts it, other people's opinions of you are not your responsibility.

Discuss

Are you your own best friend?

In which areas are you hard on yourself: achievements at school or hobbies, body image, fashion, etc.?

Do you worry too much about what people think and say about you?

Do you find the suggested strategies helpful?

Language Point

Self-esteem is how good or bad you feel about yourself as a person. **Self-confidence** is how confident you are about your skills and ability – the things you can do.

Vocabulary

- ¹ **to trust** [trʌst] – věřit, důvěřovat
- ² **to treat sb** [tri:t] – chovat se k někomu
- ³ **to judge / judgement** [dʒʌdʒ / 'dʒʌdʒmənt] – soudit, souzení
- ⁴ **strictly** ['striktli] – přísně
- ⁵ **to forgive** [fə'gɪv] – odpustit
- ⁶ **to demand** [di'mɑ:nd] – požadovat
- ⁷ **achievement** [ə'tʃi:vmənt] – úspěch
- ⁸ **trap** [træp] – past
- ⁹ **supportive** [sə'pɔ:tɪv] – podporující
- ¹⁰ **passionate** ['pæʃənət] – nadšený, zapálený
- ¹¹ **to admire** [əd'maɪə(r)] – obdivovat
- ¹² **disappointment** [dɪsə'pɔɪntmənt] – zklamání
- ¹³ **reverse** [rɪ'vɜ:s] – opak
- ¹⁴ **behaviour** [bi'heɪvjə(r)] – chování
- ¹⁵ **failure** ['feɪljə(r)] – selhání, neúspěch
- ¹⁶ **self-worth** [self'wɜ:θ] – sebeúcta
- ¹⁷ **bully** ['bɒli] – agresor
- ¹⁸ **fat-shaming** ['fætʃeɪmɪŋ] – zesměšňování tlustých lidí