

## SIGNS OF LACK OF SELF-LOVE

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*Mark 12:29-33*

*29 "The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. 30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' 31 The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." 32 "Well said, teacher," the man replied. "You are right in saying that God is one and there is no other but him. 33 To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices."*

*NIV*

The command to love others as you love yourself can only be possible if you love yourself. Not many people love themselves. And so many characters that people manifest show a lack of self-love without being conscious of it. It is not easy to love someone when you do not love yourself. Lack of self-love is a proof that loving others will be a tedious task. People with a lack of self-love always have problems in their relationships. That is why it is very important that we look into this subject and identify if we have love for ourselves or not. And if you don't, so you can look into it and find out why self love is non existent and overcome it without delay.

People who have not learnt to love themselves or esteem themselves do, or are:

- 1. Exaggerating or bragging** – This is a sign of recognition of deficiency and an attempt to cover it up by looking for recognition through exaggeration and bragging.
- 2. A critical attitude** – This may be as a result of past bad experience or hurtful past that have left a serious critical attitude that makes it difficult to see the good in people and why they should be appreciated and rewarded. When a man is always put down, criticized wrongly, never appreciated, abused, bullied, hurt many times and left with many hurts and bitterness and resentment, he is likely to become critical in attitude.
- 3. Rationalization** – In psychoanalytic theory, a defense mechanism whereby people attempt to hide their true motivations and emotions by providing reasonable or self-justifying explanations for irrational or unacceptable behavior. To rationalize is to offer a reasonable explanation: to attempt to justify behavior normally considered irrational or unacceptable by offering an apparently reasonable explanation.
- 4. Perfectionism** – A perfectionist is somebody who demands perfection in all things, especially his or her own work. A perfectionist is someone who demands for perfection - rigorous rejection of anything less than perfect. Perfection is an assumed condition for recognition.

**5. Shyness** – Shyness is all about being reserved, lack of self-confidence, and uncomfortable in the company of others. It is to be timid and easily frightened. To be shy is to be cautious - unwilling to trust or put confidence in somebody or something. It is to be reluctant - fearful of making a commitment. Shyness is symbolized by nervousness and timidity. This is also a sign of lack of self-love.

**6. Self-Depreciation** – Self-depreciation is tending to belittle yourself or your achievements. Such people paint a painful or depressing condition of self that no one will criticize them or even offer pity.

**7. Anger** – Hate self and others. This condition is deeply rooted in the ugly past or lack of love from parents or guardians. Failure and loss can lead a man to this kind of experience as his mind becomes filled with evil and defeatist thoughts.

**8. Defensive docility** – Become a submissive observer of every regulation, law and rule with mechanical precision. He attempts to be completely good and obedient to alleviate criticism. Because of fear of criticism, he makes great effort to obey all law.

**9. Becoming a loner** – Always withdrawn from people. Not willing to associate for lack of self-confidence, fear of making mistakes and being teased or scolded for it. Many are loners because they want to be hurt and they believe they cannot bear insults and pain.

**10. Over achieving** – working extra hard in order to achieve much to make up for previous failure and seek attention.

**11. Masks, roles, and facades** – Puts forward a mask that if someone criticizes they won't feel bad because it's not their real self.

**12. Introjections** – Is the unconscious adoption by somebody of the values or attitudes of somebody else, whom that person wants to impress or be accepted by. Dissatisfied with himself, tends to identify with someone else, preferably a public figure.

**13. Absolute agreeability** – Playing the all-time nice person after agreement on any subject for recognition.

**14. Cynicism, suspicion** – No value of self means, no trust of self. He believes and trusts no one.

**15. Timidity** – Reluctance to venture to undertake new projects (also in terms of relationships); Afraid to love and afraid to be loved; Danger of ultimate failure

and rejection. Cut off from reality by his fear. He is afraid to express himself because he might make a mistake or someone might challenge him.

### **CONCLUSION**

If you have discovered that you lack self-love, you have to take action to deal with it and begin loving yourself as you eliminate all negative mindset about life and yourself. You have to deal with your past and the reasons for your lack of self love. It is after you have done this that there is a guarantee of a successful love life in marriage.

Don't cover up your lack of self-love. If you do, it will destroy you. Deal with the reason for lack of self-love. If you have to get special counsel from a qualified and anointed counselor, especially your Pastor, it is encouraged. Don't remain as you are right now. Pray for healing and deliverance from this deep rooted problem. The Lord will definitely heal and fill you with love for yourself and for people. Without self-love, loving others will not be that easy and successful. You can't give what you don't have or appreciate. You can't give what you don't feel in you. Feel the love of God in you. Appreciate your person and develop strong love for your self.

Everyday, thank God for creating you and giving you an opportunity to live and express yourself on earth. Thank God everyday that you have the features you have and you are unique and different from every other person. Thank God that you are an original and there is no one like you and there will never be. Thank God daily that you are so special that Jesus Christ has to die for you. Thank God that you are not on earth an accident but to fulfill a definite purpose of God on earth. Thank God that God saw you fit to be His living house on earth. Concentrating your mind on such things will help you to appreciate your life and person and eliminate self-love.

To love yourself you need to tell yourself daily that you love yourself. Say it loud enough for your ears to hear it. Let your ears hear it again and again as your mouth speaks it over and over again. Such words will program your mind to believe and truly love your person. You will appreciate others better and you will stop pretending and putting up fronts to cover lack of self-love.