



CHASING LOVE



W O R K B O O K

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What makes Lisa stand out from other professionals in her field is her leading-edge techniques, engaging personality and the unique style of warmth and vivacity in which she delivers her work. Her high energy, depth of knowledge and great sense of humour builds rapport and trust easily.

Lisa is the author of 'The Confidence Coach' book and her work is regularly featured on TV, Radio and a wide range of business and lifestyle magazines.

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LESSON 1

WHY DO WE CHASE LOVE?

WE DO WE CHASE LOVE?

Do you find yourself picking unsuitable partners or chasing love from other people? Are you always on the lookout for someone to love you to fill an empty void inside of you?

In this course, learn why we often chase love and what we can do to recognise that actually, we are already love, loving and loveable.

LET' START BY IDENTIFYING WHY SO MANY US END UP CHASING LOVE:

The fact is, as children all we seek is love and approval from our care takers and if we don't receive healthy or sufficient love as a child, we may end up as adults, chasing all sorts of people to love and approve of us. It actually can be a little like an addiction, as we desperately, chasing our 'fix of love'. It can feel like a huge void inside of us that we so desperately need to fill.

The problem is that and we don't feel good about ourselves until we receive our fix and may end up feeling needy or turning ourselves inside out in order to get love. In our quest for love, we may ignore our own needs, lie to ourselves, chase people who don't chase us back or end up picking unhealthy partners. When we chase love, we are looking for somebody outside or external to us. We are looking for somebody to make us feel loved and loveable. This never works as we can't ever rely on other people to fill this void. When you keep looking for someone who will make you feel loveable, whole and good enough all you will attract is other partners who don't love you either! Even if you do meet a good partner, it's just like sticking a plaster over your 'unlovable le' wound and it won't take long before you hold them responsible for your good feelings or become needy and insecure.

The truth is that life is really like a mirror and if you want to experience deep fulfilling love for yourself, you must first find that inner love of YOU first.



TOP TEN TIPS TO HELP YOU STOP CHASING OTHER PEOPLE'S LOVE

CHASING STOP OTHER PEOPLE'S LOVE TIP 1

KNOW THAT YOU ARE LOVEABLE AND DESERVING OF LOVE

The first step to finding inner love is to understand that you were born so loveable and that we all deserve love . Ok, we may not have got the love that we deserved from our early care givers but that says more about them than us. Really, what you have may been led to believe, you are already loved and loveable. No amount of negative programming can take this away from you.

CHASING STOP OTHER PEOPLE'S LOVE TIP 2

GIVE YOURSELF SOME LOVE

My second tip is really easy, it's to give yourself some love. I'd really like you to feel the feeling of love in your body. You can feel how it would feel to be loved, if that makes it easier for you. You could even conjure up that feeling of being adored.

EXERCISE

Allow yourself to bask in those beautiful feelings of love. Feel it in your heart, feel it in your body and really sit and imagine how love feels in your entire body. Don't be too serious about this. You can do, watching TV or maybe out for a walk and you really only need to start with doing it for maybe a minute at a time.

What is interesting is, the more you feel that feeling of love inside you, the more you actually enjoy it and the more you actually feel how nice it is to give yourself that love rather than seeking it from other people.

CHASING STOP OTHER PEOPLE'S LOVE TIP 3

CONNECT WITH YOUR INNER CHILD

Let's chat about the little you. The inner child inside of you that may not have the love that they always truly desired. We can't blame our parents for this, they are just carrying on their patterns from generation to generation. One of the quickest and easiest ways for you to really get to grips with the fact that you are lovable and deserve love is to connect with that small inner child inside of you.

EXERCISE

What I'd love you to do is get a photograph of yourself, from when you were around five years old. Get that photograph and really look into the eyes of yourself as a small child. Start to connect with that small child, and really feel the love for that child.

If it's not possible for you to find a photograph, just imagine that you have a small you sitting inside of your heart. Pay that inner child a little bit of attention. You might want to imagine yourself giving them a hug or telling them that everything is going to be okay. It really doesn't matter how you do this, you can't get it wrong, it's just about connecting with that small child inside of you and giving him/her some love.

CHASING STOP OTHER PEOPLE'S LOVE TIP 4

GIVE YOUR INNER CHILD THE LOVE YOU'VE ALWAYS WANTED

In our previous tip, we talked about the importance of connecting with that little you or that inner child. Today, we are going to take that one step further. I want you to think about all of the messages that you would have loved to hear about yourself when you were growing up.

What messages would you like to have heard about love? Would you like to have heard how lovable you are? Would you like to have heard how beautiful you are? Would you like to have heard that everybody loves you? You are priceless? You are adorable?

EXERCISE

Feel how that feels in your body and write list of all of those messages you didn't get as a child, but really you would have so dearly loved to have heard from people around you.

Now it's time to reconnect and re-parent your inner child, whether it's through a photograph or imagine your inner child is in your heart. Tell that small child, your inner child all the things that you wanted to hear. Tell them how lovable they are, tell them they are adored, tell them they are beautiful, tell them that they are the most important thing in your life and you cherish them, tell them how much you enjoy them, how fun they are and you love spending time with them.

If you feel comfortable with this, try and do this every single day. This really is such a beautiful and healing process, and it won't be long before that inner child inside you can really feel your love and then identify with how loved and lovable, they really are.

CHASING STOP OTHER PEOPLE'S LOVE TIP 5

WRITE A NEW STORY

Today, we are going to write a new story of your life. We are going to write a new story that's filled with love healthy relationships. Filled with stories about healthy reciprocal relationships and how love feels for you.

We've all got old moody stories about love, but it's really time sometimes to let that story go and let's invite a brand-new story into your life.

EXERCISE

Grab a pen and paper and write down your new story. How do you want your love to be in your life? What sort of love do you want to receive? What would it look like? What would it feel like? Get excited about your new story. If you've got energy behind your new story, you will feel more positive about it and you are far more likely to attract it into your life. So, let's get excited about the love that you so truly want and you so truly deserve.

WRITE A LOVE JOURNAL

If you want to stop chasing other people for love, we've got to start to give more love to ourselves. A fun way of doing this is, get yourself a "I love myself" journal. Make sure it's a nice journal, just one that actually feels nice for you.

In it, I'd love you to write something about yourself every single day that you like about yourself, and what makes you feel good. Every time you say or write something nice about yourself, it builds up your sense of love, it really builds up your self-esteem.

If you've been chasing love for a long time, you may find it difficult to find any nice things to say about yourself, but, please do not give up on yourself. It's going to feel a little bit awkward at first. So, maybe start with one tip, build it up to three things and then five things. I promise, it will get easier and you are so worth it.

CHASING STOP OTHER PEOPLE'S LOVE TIP 6

CHANGE YOUR PATTERN

Often, we get triggered. Perhaps we are expecting somebody to love us, perhaps we are expecting somebody to be kind to us or do something nice for us and when we don't get that we often feel triggered. Our addiction for love kicks in and this can be very strong.

In these situations, where you find yourself getting triggered and maybe you want to go out and chase love; I want you to stop, take a deep breath and focus all your attention on you. These are the times to take yourself out for a nice walk, these are the times to go and have a soak in the bath, these are the times to get out your "Like yourself journal" and read what is in there. If we keep doing the same old thing when we get triggered, we are just going to keep attracting the same old thing. So, we need to act differently when it comes to old triggers. So, the moment you find yourself reaching out for love or trying to get somebody to love you, turn back on yourself first and do anything you possibly can to treat yourself with kindness, compassion and love.

CHASING STOP OTHER PEOPLE'S LOVE TIP 7

PRAISE YOURSELF

When was the last time you praised yourself? When was the last time you actually said anything nice about yourself or gave yourself a pat on the back? Can you even remember?

EXERCISE

Today, I want you to get into the habit of giving yourself a well-deserved pat on the back and just praising yourself more often. Make it a regular occurrence, rather than something you do once a week. Praise yourself for anything and everything. It doesn't have to be something amazing! It's more about getting into the practice of praising yourself.

The more you praise yourself, the more you love yourself. You won't be looking outside of you for somebody to give it to you. Why? Because you are already giving it to yourself, and with that comes real freedom.

CHASING STOP OTHER PEOPLE'S LOVE TIP 8

KNOW WHAT A HEALTHY RELATIONSHIP LOOKS AND FEELS LIKE

Let's talk healthy relationships, let's talk boundaries, self-esteem and confidence. Chances are, if you have a void for love, then you may not feel that good about yourself either. So I want you to focus on your own self-esteem and confidence.

This is a great time to learn about healthy relationships and boundaries, so that you know what healthy relationships look like. Do some research or check out courses on confidence, self-esteem and setting healthy boundaries on Love Destination. This is about boosting yourself up first from the inside out and building your confidence and self-esteem muscle.

CHASING STOP OTHER PEOPLE'S LOVE TIP 9

FOCUS ON YOUR OWN NEEDS AND WANTS

When we are more used to chasing love than receiving love, we often don't know what our own individual needs and wants are. We don't actually know how we'd like people to treat us because we actually haven't ever been taught or identified what our own personal needs and wants are.

EXERCISE

This is today's challenge. I want you to write a list of what you need in a relationship. Do you need somebody to listen to you? Do you need someone to cherish you? Do you need somebody who validates your feelings? These may sound like really simple things, but when you write them down, it makes you get clear on what your own needs and wants are. Once you've identified these needs and wants, it's also helpful then for you to put boundaries in place around them. This, again, is a really good practice for making sure in the future you only accept healthy relationships for you.

What do you need and want in a relationship?

What boundaries can you put in place to ensure that you only accept healthy relationships?

CHASING STOP OTHER PEOPLE'S LOVE TIP 10

CHANGE YOUR MINDSET

My final tip for you today is really one of just mindset. I'd like to request you never settle for second-best. Believe me, I have done this throughout my own life. I guess I always thought that other people were better than me, I was less than other people. As a result, I was actually quite comfortable sitting in second-best. It was almost like I didn't think the first-best was within my own personal reach.

Today have a look at why you settle for second-best in your life and make a decision from now on to prioritize yourself. Don't settle for second best. You deserve healthy reciprocal love.