

How to Be SELFish



by Suzy Reading

Overview

In *How to Be Selfish*, Chartered Psychologist Suzy Reading challenges everything we've learnt about selflessness, and dispels the widely accepted myths about what it is to be 'selfish'. Move over self-care, it is time for **self-advocacy**.

This workshop will help you feel safe and confident to represent yourself so that you can not only tend to self, but have your needs met by others.

It is time to start living like you matter too.

Myth busting on selfishness & selflessness

What does it mean to be selfish?

Selfishness is defined as focusing only on yourself, without considering the needs of others, but *pause to reflect on what you are doing when the pang of selfishness taps you on the shoulder...*

When do you feel selfish or guilty?

We often feel guilty when resting, looking after ourselves, asking for help or even accepting offers of support, saying no, or when we're simply doing something pleasurable...

As you read through your list, consider whether you would label someone else selfish for engaging in these same behaviours or whether you hold yourself to different standards? We might interpret other people's behaviour as forthright, direct, honest, even courageous, but feel bad when we engage in those same actions. Is it fair that you call yourself selfish in these moments?

Why are we so phobic of being seen as selfish?

Why do we revere selflessness so much?

- ‘Good babies don’t cry’ and ‘good children don’t talk back to adults’ From birth, we’ve been conditioned to believe that our worth is contingent on how quiet, convenient, obedient, compliant and amenable we are.
- Gender conditioning has shaped our understanding of which emotions are acceptable to express and the ‘good girl’ archetype primes women for self-sacrifice
- Modern messaging tells us that good humans are productive, grateful, self-sufficient and resilient... and what does it take to be productive and resilient? We need time for our nourishment and social support – but we mustn’t be selfish or burden others... See this for the impossible bind that it is & break free! Let your kindness and compassion broaden to include yourself.

7 Steps to Take Back Your Power

Step 1: I Reclaim My Mind	This step will show you how to get your mind on side and deal with those self-limiting beliefs once and for all. We will awaken your inner elder and dial down the inner critic
Step 2: I Reclaim My Attention	We will use your senses to learn how to direct your focus, helping you reconnect with yourself. This step provides the foundation for you to be aware of your needs.
Step 3: I Reclaim My body	Get ready to feel acceptance, respect and compassion for your physical body like never before. You’ll learn how to use your body feel safe when you are challenging old behaviour patterns and building new habits. This step builds your capacity to soothe your nervous system, which is key to honouring boundaries and advocating for self.
Step 4: I Reclaim My Right to Feel	You’ll learn the purpose of your emotions, how to make space for all your feelings, and toolkits for moving through them in safe and healthy ways.

Step 5: I Take Back My Moral Compass	In this step you deepen your knowledge of your values and what matters to you most. It is fundamental to your ability to trust and prioritise yourself.
Step 6: I Prioritise Myself	This step is all about your relationship and boundaries with yourself. You will determine what self-honouring might look like, the key to start living like you matter.
Step 7: I Advocate for Myself	Now you know yourself and have resourced yourself, this step is all about building the confidence to represent yourself, so that you can voice your feelings and needs and finally <i>receive</i> the love and support you deserve.

Resources

- ‘How to Be Selfish’ by Suzy Reading available [here](#)
- Stompcast with Suzy Reading: Why you need to be more selfish. Listen [here](#)
- Stompcast with Suzy Reading: How to advocate for yourself. Listen [here](#)
- Your toolkit of somatic practices to feel safe & confident to advocate for yourself. Watch [here](#)

Any questions for Suzy?

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