

My best friend – myself

What's that old song – something about the greatest love we can have is the love of ourselves?

Well I'm not about to sing that tune for you – but I still think even if we're not the "greatest love" we still should try and be our own best friend – or at least one of our best friends.

Too many people treat themselves as if they are an enemy, not a friend. Think about it – there are all sorts of good things that you would do for a friend, and any number of bad things that you wouldn't ever think about doing.

And yet many of those bad things are on the list of things we will do to ourselves.

Take a simple example – lack of sleep. Personally, I would always tell a friend or loved one the importance of getting enough sleep – but that has never stopped me from burning the candle at both ends.

If we stopped at simple things like this, it wouldn't be too bad – but many of us castigate ourselves over the least little problems – and yet forgive our friends of the most terrible errors.

Many of us tend to hold ourselves to an impossible standard – and then learn to hate ourselves when we don't reach it.

Is this sensible? Hey – I think it's important to hold ourselves to a high standard – but we should occasionally give ourselves a break, work on motivating ourselves, and then get back into the thick of it. That's what we'd do for a friend – why not do it for ourselves?

This is a reversal of the famous "golden rule" – do unto others as you would have them do unto you. Instead, do unto yourself as well as you'd do unto others!

I'm not saying that we should ease up on ourselves to the point that we become bums – I'm just suggesting that sometimes, we need to treat ourselves just the same as we'd treat our best friends – forgiving them when they don't always treat us well, gaining some understanding of their needs, inspiring them when times get tough.

We're worth it, aren't we? Shouldn't we treat ourselves as our own best friend?

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