

Reflection Guide: Overcoming Shame Through Self-Love ¹

By Dr. Michael Obsatz – Video July 2021 – September 2025

Part I: Understanding the Origins of Pain

- Reflect:
 - What early messages did I receive about my worth, loveability, or safety?
 - How did I cope as a child with fear, abandonment, or shame?
 - Which of those defenses might still be active today?
- Journal Prompt:
 - Describe a time in childhood when you didn't feel seen or safe. What did you learn to do in response to protect yourself?

Part II: Embracing the Path to Healing

- Reflect:
 - What does 'spiritual connection' mean to me right now?
 - Have I looked outside myself for worth, validation, or love? How has that shaped my journey?
- Journal Prompt:
 - What might it feel like to be loved unconditionally—by Spirit, by yourself, or by someone you trust?

Part III: Practicing New Ways of Healing

- Reflect:
 - What spiritual or grounding practices help reconnect me to my wholeness?
 - What pain, identity, or defense might I need to grieve and gently release?

¹ Dr. Michael Obsatz' YouTube link of July 2021 video: <https://www.youtube.com/watch?v=epcx3YEzxig>
Reflection Guide created by David Tillman by using YouTube video transcript and ChatGPT – September 2025

- Journal Prompt:
 - What is one survival strategy I used in the past that I now want to release? What new practice can I replace it with?
- Spiritual Practice Idea:
 - Light a candle and repeat: “I am enough. I am loved. I am connected. I am healing.”

Part IV: Becoming a Healing Presence in the World

- Reflect:
 - How can I interrupt the cycle of trauma and lovelessness around me?
 - Where might I offer more compassion, listening, or support?
- Journal Prompt:
 - What does “being love in the world” mean to me today? What’s one small action I can take?

Part V: Living in the Flow of Love

- Daily Affirmation:
 - “I carry the love of Spirit within me. I don’t need to earn it. I am free to love and be loved.”
- Closing Practice:
 - Each evening, list 3 things you are grateful for.
 - Offer one loving intention for the next day.