

LYP Questions for Participants

1. What is love to you?
2. What is loving yourself?
3. Have you ever heard someone talking about loving yourself before today?
4. What is the difference between loving others and loving yourself?
5. Can you love others if you don't love yourself?
6. How does it feel when you don't love yourself?
7. What abilities or talents do you have that you love?
8. What is your most loved physical trait?
9. What stands out most about yourself?
10. What have others said they like/love about you? What is your reaction?
11. Do you hear others when they say they love you, and compliment you?
12. Have you ever heard the expression self-worth? What do you think it is? Do you think everyone has it?
13. Did you know love is a sort of basic human need? Do you think loving yourself is a part of that?
14. What do you think can change when you love yourself?
15. Is loving yourself also respecting yourself and respecting others?
16. Is loving yourself selfish?
17. What does selfish mean to you?
18. What is a grateful book?
19. Do you have a grateful book?
20. What does loving yourself mean to you now? (To be asked at the end of a program)
21. Do you practice self love? How?