



presents

From Self-Doubt To Self-love

**10 Steps to Reclaim Your Worth, Honour Your
Needs & Become The Woman You Know You
Are Meant To Be**

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THE 10 KEY STEPS TO NURTURE SELF-LOVE

Before we gently explore the “how,” it can be helpful to pause and feel into what self-love truly means for you.

Love can be experienced as a feeling, but also as a quiet intention—an openness of the heart, a softening. Perhaps even a willingness, moment after moment, to lean a little more toward compassion, understanding, the humanness of the person in front or the situation than toward fear.

As self-love begins to take more space within you, something subtle can start to shift. Moments that once felt heavy—like not feeling seen or appreciated, a message left unanswered, a lack of kindness, or the unexpected sting of comparison—may not land in quite the same way. Not because they no longer necessarily matter, but because they no longer define you.

There can be, over time, a growing sense of steadiness. A gentle resilience. A way of meeting life’s experiences without losing yourself in them. And yes... this isn’t always simple. It’s a path many of us walk, again and again. It unfolds through awareness, compassion, and small, consistent moments of returning to yourself.

What follows is a little bit of my story first and then ten invitations—pathways you might explore—to begin nurturing a deeper sense of self-love, and perhaps shift the way you relate to yourself and the world around you.



A Journey Back to Self-Love

For a long time, I believed I was doing everything right.

From the outside, it probably looked that way too—accomplishments, roles, a career, responsibilities carried and met. And yet, beneath it all, there was a very different story quietly running my life.

A voice.

A constant whisper, sometimes louder than I could bear.

Telling me I wasn't good enough.

If I made a mistake, the story would begin:

"You're incompetent... how could you not get this right?"

If I looked at my body:

"Not thin enough... not good enough... not quite right."

In my relationships:

"You're not a good enough friend... you don't have enough friends."

And in my expression:

"You're too much... too sensitive... too loud... maybe even selfish."

I was striving, always striving.

Perfectionism had quietly taken the lead in my work and my life. And yet, no matter how much I did, how much I achieved... I never quite reached the standard I had set for myself.

There was always more to fix.

More to prove.

More to become.

I carried a lot of shame of not being "perfect" enough.

And so my body followed.

A tightness in my stomach that never really left. Some would call it anxiety.

THE 10 KEY STEPS TO NURTURE SELF-LOVE

It was there when I woke up.
It stayed with me through the day.
And at night, it would only soften if I had done everything I believed I needed to do
—worked enough, exercised enough, connected enough, achieved enough.
Only then could I rest.

Exhausted... but temporarily at peace.

Until the next morning, when it would all begin again.

At the time, I didn't realise what was underneath it all.

A quiet, deeply rooted belief:
I am not good enough as I am.

It took me time to see it.

It began, slowly, with moments of stopping.
With practices like yoga, where for the first time I wasn't trying to become
anything... just learning to be.

And then, through my training in Neuro-Linguistic Programming, in Internal Family
Systems or part work, I started to look a little deeper. To question the stories. To
explore the conditioning that had shaped me.

What I found within myself was confronting.

An incredible amount of self-judgment.
Even self-rejection.

What I once called a “monster”... was, in truth, a collection of parts trying to protect
me the only way they knew how.

And I began to understand—this wasn't created in isolation.

We live in a world that often pulls us away from ourselves.
A world that can make authenticity feel unsafe.
That can diminish the natural cycles and expressions of womanhood.
That can whisper that self-love is selfish... when in truth, it is the very foundation of
a grounded, generous, and aligned life.

This journey didn't happen overnight.
It wasn't a sudden moment where I woke up and loved myself fully.

THE 10 KEY STEPS TO NURTURE SELF-LOVE

It was slower than that.
Softer. More human.
Layer by layer... like peeling an onion.
Moments of awareness.
Moments of compassion.
Moments of falling back into old patterns... and gently returning again.

And even now, I am still on that path.
There are still parts of me that show up in ways that are not always loving.

But something fundamental has shifted.
I see them now.
I listen.

And instead of letting them take over, I can come back to a deeper place within me
—a steadier, wiser presence.

A place of Self. A place that knows, without needing to prove anything, that I am
worthy of love... exactly as I am.
And from that place, I can begin to hold all of me.

Even the parts that once felt unlovable.

If you are here, reading this...
Know that this is possible for you too.

There is nothing more important, in my eyes, than finding a sense of peace within
yourself.
Because when you do, it doesn't just change your life.

It ripples into your relationships, your choices, your way of being...
And into the lives of those around you.

Even the next generation.

So welcome, my friend.

I truly hope this journey supports you in coming home to yourself.

#1 MEETING YOUR INNER CRITIC WITH AWARENESS

There is often a voice within us that can sound critical, harsh, or limiting.

It might say things like:

"Why did I say that? That was stupid."

"I'm not good enough."

"I'll never get there."

Or gently compare you to others in ways that leave you feeling less than.

It can feel like this voice is who you are.

But what if this voice is not you... but rather a part of you? A younger part of you?

And even more gently... what if this part is not your enemy?

Paradoxically, the inner critic often carries a positive intention.

In its own way, it may be trying to guide you, to protect you, to help you become a better version of yourself... to avoid rejection, failure, or disconnection.

It may have learned, at some point in your life, that being hard on you was a way to keep you "on track."

When seen through this lens, something may begin to soften.

Instead of needing to silence or fight this part, there can be a moment of acknowledgment:

"I see you... I sense you're trying to help in your own way."

And perhaps even a quiet gratitude:

"Thank you for wanting the best for me."

From there, a gentle curiosity can emerge.

How does it actually feel, in your body, when this voice takes over?

Does it create expansion... or contraction?

Does it truly support you in moving forward... or does it weigh you down?

Often, the harsh kind of inner dialogue carries a cost.

Constant criticism can be exhausting, and sometimes disconnects us from our natural flow, creativity, and confidence.

And this is where your Self—that deeper, wiser part of you—can begin to take the lead.

#1 MEETING YOUR INNER CRITIC WITH AWARENESS

Not by rejecting the inner critic, but by relating to it.

Almost like opening a conversation:

"I understand what you're trying to do... and I wonder if there might be another way."

Over time, this protective part may begin to soften its approach.

Not disappearing, but evolving.

The harshness can gently give way to something more supportive.

A quieter encouragement.

A form of inner guidance that uplifts rather than diminishes.

Almost like an inner cheerleader... one that still cares, still guides, but does so with kindness.

And beneath it all, you remain the one who can witness, choose, and lead.

The Self within you already knows how to hold every part—with clarity, compassion, and steadiness.

#2 HOLDING YOUR WOUNDED PART

After the inner critic has had its say, you might notice another part of you quietly emerging.

A more vulnerable part... One that believes what was just said.

This part may feel hurt. Not good enough. Perhaps small, tender, or unseen.

Rather than rushing away from it, you might gently turn toward it with curiosity.
How does this part feel, right now?

Where do you sense it in your body?

You may even begin to wonder...

Does this part feel younger somehow?

Has it been carrying this belief for a long time?

Without needing to analyse or find precise answers, you can simply stay present.
There may be a sense that, somewhere along the way, conditions were placed on love.

That being “enough” came to depend on meeting certain expectations.
And so this part learned... adapted... tried its best.
For a moment, you might just be with her. Not to fix. Not to change.
But to allow her to be felt, seen, and gently held.

And from here, another layer can emerge—your adult Self.
The part of you that has awareness, capacity, and presence.

From that place, you might sense:
What might she have needed back then?
What would feel supportive now?

Perhaps it's reassurance.
Perhaps softness.
Perhaps being told she is already enough.
Perhaps simply a sense of being held.

And in your own way, you can begin to offer that.
A kind word. A gentle presence. An inner embrace.

Not because anything is broken—
but because this part of you has been waiting, for a long time, to be met with love.
And you are now able to meet her there.

#3 CULTIVATE ACCEPTANCE

If you are not yet ready to fully love the parts of yourself that feel unmet or unfinished, perhaps there is another gentle doorway you can explore.

Acceptance. A softening.

A meeting of things as they are, for now.

You might begin with something simple...

Accepting your body as she is today.

Accepting your emotions as they move through you.

Accepting your work and your path, just as they are unfolding right now.

Accepting that you may need rest sometimes.

Accepting your life in this moment—both its beauty and its complexity.

Accepting the whole of you... the light and the shadow, the ease and the struggle.

You may start to notice how many of the conditions placed on your worth are not originally yours.

Many were inherited.

Shaped through generations.

Passed down through family systems, culture, and the wider world around you.

And so a gentle inquiry can arise:

Do these beliefs still serve you now?

Are they supportive of the life you are longing to live?

Acceptance does not ask you to agree with everything, or to resign yourself to what is.

It is not giving up.

Rather, it can feel like a quiet exhale. An un-tightening. A sense of “this is what is here right now.” A moment of allowing life to be as it is, without immediately needing to change it. And from that place of softness, something often becomes possible that wasn’t accessible before. Not force. Not resistance. But clarity.

If it feels available, you might recall a moment in your life when acceptance was present—when something within you simply stopped struggling for a moment and allowed what was to be as it was. You do not need to recreate it perfectly.

Just a remembering. A sensing.

And from there, you might gently allow a little more space inside yourself...
a little more breath... a little more ease. And that is good enough.

#4 RECOGNISE YOUR LIGHT

Instead of focusing on the things you did not do well or thought you did not do well enough, focus on the things you did well.

And going beyond your "doing", recognise the qualities you show as a human, a friend, a wife, a partner, a parent.

Have you shown love to someone today? Your kids, your partner, your pet, a friend, a fellow human?

Bring gratitude to those qualities and moments of bliss every day, training yourself to recognise your light as well as accepting your darkness.

Every night before bed, think of 3 things you liked about yourself that day. Welcome the warmth of self-love in your body as you remember those things.

 Reclaim your light in your everyday

As you continue this journey, there is another gentle invitation here:
to begin noticing what lights you up... and allowing it to matter.

You might start to reconnect with the things that bring you aliveness and joy—walking in nature, dancing, pottery, painting, yoga, time with friends, meaningful connection, creativity, laughter, movement, silence... whatever feels nourishing for you.

And slowly, you may begin to place these moments higher on your list of priorities. Not as an afterthought.

Not only when everything else is done.
But as something that deserves space in your life. Part of your everyday. Part of your schedule. Book those times in your agenda as a "Very Important Meeting".

A quiet reminder to yourself and to life:
I am important enough too.

#5 REFLECTION ON YOUR BELIEFS

If it feels comfortable, you might gently close your eyes for a moment and take a breath.

And from there, you may begin to wonder:

What might shift if self-love was not something to earn, but something already available within me?

How might I feel if I truly allowed myself to meet myself with unconditional love?

And from that place of curiosity...

How might I move through my day?

How might I walk?

How might I speak?

How might I meet the world around me?

There is nothing you need to become in order to be worthy of love.

You were born worthy. And you still are.

Sometimes it is simply covered by layers of belief, experience, and conditioning. And so rather than forcing a new belief, you might begin by gently exploring what feels true for you now.

What beliefs are supporting the life you are longing to live?
And which ones feel heavy, outdated, or no longer aligned?

Over time, what begins as an idea can slowly move deeper—
from the mind... into the body... into lived experience.

A felt sense of truth, rather than just a concept. This process can take time. It may involve noticing the conditions you have placed on your own worth—around your body, your success, your work, your relationships, your expression in the world. And with care, you may begin to see where some of these conditions were first formed. Often in childhood. Often inherited. Often never consciously chosen.

There can be a quiet tenderness in recognising this. And within that recognition, something important may emerge: that younger part of you that once adapted to belong, to be loved, to be safe.

Rather than needing to change anything, you might simply meet that part with presence.

And from there, as the adult you are now, there is a different kind of possibility. Not to reject what was learned but to gently begin to choose what you want to carry forward. Not only as a thought. But as a lived, embodied sense of truth.

#6 CONNECTING TO AND EXPRESSING YOUR NEEDS WITH LOVE AND CONFIDENCE

There is a quiet wisdom in learning to listen to your needs—and to meet them with kindness rather than judgment.

You might begin by gently asking yourself what you truly need right now, beneath the busyness and the expectations.

And from there, allowing yourself a little more space to honour it.

Permission to take time for yourself.

Permission to rest, to slow down, to do the things that nourish and restore you.

Permission to spend time with what brings you energy, joy, and a sense of aliveness.

You may also begin to care for your body as something deeply deserving of attention and respect.

Perhaps through nourishing, wholesome foods that come from the earth.

Through movement that feels supportive and enjoyable rather than forced.

Through rest and sleep when your body asks for it, without needing to earn it.

And when your needs require support from others, it can be a practice in itself to express them with clarity and warmth.

Whether it's asking a partner or a friend for help so you can take a walk, or creating space in your life to receive support—you are allowed to let yourself be held by others.

There is also something powerful in recognising when deeper support may be needed.

Sometimes that might look like working with a coach, a guide, or someone who can walk alongside you.

Investing in your well-being—your time, your energy, your resources—is not indulgent.

It can be a meaningful expression of self-respect and care.

Because you are worthy of receiving support.

And worthy of a life that supports you in return.

#7 RELEASING YOUR MASKS TO STEP INTO YOUR AUTHENTIC SELF

Authenticity often unfolds as a gentle return to yourself.

A soft permission to be who you are—across all spaces of your life.

To express yourself more honestly.

To speak your truth with steadiness, kindness, and care.

It is less about becoming someone new, and more about slowly loosening the layers that were once created for protection.

The masks that helped you belong.

The roles that helped you succeed.

The patterns that helped you stay safe.

And as awareness grows, you may begin to recognise them with more compassion than judgment.

The achiever mask

There may be parts of you that have learned to equate worth with doing.

With achievement.

With success.

With productivity.

With appearance.

With what can be seen, measured, or validated externally.

And yet, beneath all of that, there is something more essential to remember:

Your worth is not something you earn.

It is not dependent on performance or outcomes.

It is inherent.

Present simply because you exist.

From this place, your relationship with success can begin to soften and evolve.

Not as a measure of your value—but as an expression of who you are.

A quieter knowing may emerge:

that it is less about what you do... and more about how you are while you do it.

#7 RELEASING YOUR MASKS TO STEP INTO YOUR AUTHENTIC SELF

The agreeable mask

There may also be parts of you that have learned to keep peace by adapting, agreeing, or avoiding discomfort.

Sometimes at the cost of your own voice.

And so authenticity can gently invite a new experience here—
one where it becomes possible to tolerate a little discomfort in service of truth.

Not in opposition to others, but in relationship with yourself.

Choosing, at times, to express what you feel. To honour your perspective. To stay present even when there is disagreement.

Not because conflict is the goal, but because self-abandonment is no longer the price of connection.

Other protective patterns

There may be other ways you've learned to protect yourself too—
times where you shrink, withdraw, over-explain, or give your power away in moments of uncertainty or fear.

Each of these parts once made sense. Each one carried a role in helping you navigate your world.

And as you begin to notice them, there is no need to reject them.
Only to see them. To understand them. And to gently lead from a deeper place within you.

Returning to authenticity

Authenticity is not a fixed destination. It is a living relationship with yourself.
A moment-by-moment coming back. A willingness to notice when you move away from yourself—and to return with compassion.

Over time, something begins to shift.

Less performance. Less self-abandonment.
More honesty. More presence. More alignment.

And slowly, you begin to live in a way that feels more like you.

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#8 SEEING THE HUMANNESS IN OTHERS

There can be something quietly healing in learning to see the full humanness in people—their kindness and their limitations, their capacity for love and their moments of reactivity—with compassion and understanding.

We all relate, love, and act from the level of awareness and consciousness available to us at any given moment.

And in many ways, this is true for each of us.

We are shaped by so many layers of life— our experiences, our upbringing, our environments, and the often invisible threads of intergenerational patterns and emotional inheritance.

Each person is carrying something. Each person is navigating their own internal landscape.

And beneath the surface differences, there is often something deeply shared.

A longing to be seen.

To be loved.

To feel safe.

To belong.

And yet, we all learn different ways of trying to reach that same place.

Sometimes through connection.

Sometimes through control.

Sometimes through withdrawal.

Sometimes through striving or protection.

As this understanding deepens, something in us can begin to soften.

Not in a way that bypasses boundaries or denies harm, but in a way that allows more space for compassion without losing clarity.

Over time, this can move from an idea held in the mind... to something felt more fully in the body.

A lived sense of shared humanity.

A quieter recognition of “I see you... and I also see me.”

#9 COMPASSION AND FORGIVENESS

This step is not always the easiest one on the path.

When resentment or bitterness is present, it often creates a subtle but real drain on your whole system—mind, body, and energy.

You may even notice it physically when you bring someone to mind: a tightening, a heaviness, a contraction.

Rather than judging this, you might simply allow yourself to notice it with honesty. To feel, just for a moment, what it is like to carry this weight.

It is also important to acknowledge that forgiveness cannot be forced.

It is not something to push through or arrive at prematurely.

Especially when there has been deep hurt or trauma, moving toward forgiveness may feel complex, layered, or even out of reach at times. And that is completely okay.

Perhaps the first step is simply to give space to what has not yet been expressed. You might choose to journal—letting words flow without needing them to be perfect or resolved.

Or to write a letter to the person involved, not with the intention of sending it, but as a way of honouring what was felt, what was lost, and what was never said. From there, when and if it feels appropriate, you may gently explore a different kind of inner process.

Closing your eyes and bringing this person into your awareness.

Not to relive the story, but to notice what still feels emotionally bound.

You might imagine, in a way that feels right for you, a cord of resentment or unresolved energy between you.

And with care, visualising a soft release—an unwinding or dissolving of that connection—allowing what feels heavy to begin to loosen and dissipate.

There is no need to rush this. Healing, like all deep inner work, unfolds in its own timing. The invitation is to move slowly. To titrate your experience—offering yourself only as much as feels safe and resourced in each moment.

Forgiveness, in this sense, is not a single act, but a gradual softening that meets you where you are. And along the way, it can be deeply supportive to receive guidance—whether from a coach, therapist, or another trusted professional—especially if what arises feels intense or connected to earlier wounds.

Above all, be gentle with yourself in this process.

There is nothing to force. Only what is ready, in its own time, to be met with care.

#10 SHOW LOVE

One of the most natural ways to invite more love into your life is, in a sense, to let it move through you—to express it, to share it, to allow it to be spoken, felt, and embodied.

Love does not need to be forced or manufactured.

It often begins simply as an openness of the heart.

And yet, you may notice that parts of you can sometimes hesitate here. A part that may fear not being received. A part that remembers disappointment or hurt. A part that has learned to protect you by holding back. And there is something very tender in that.

Rather than pushing past it, you might gently acknowledge this protection. And also wonder—softly—what might become possible if love was allowed to flow, even in small ways.

Because when love is consistently held back, something in us can also feel its absence.

Not just from others... but within ourselves.

Love can be expressed in many forms, and it does not need to be grand or perfect. It might be the quiet presence you bring to yourself in a difficult moment.

The kindness you offer a friend or a family member.

The way you meet your children or loved ones with an extra moment of attention or warmth.

It might be a simple “I love you” spoken when it feels genuine.

A smile shared with a stranger.

A brief, human connection with someone you pass in your day.

Small gestures.

Ordinary moments.

Quiet openings of the heart.

Over time, these moments can soften something within us.

Not because love is being earned or traded,
but because it is being allowed to circulate.

And in that circulation, something begins to feel more alive, more connected, more whole.

A FINAL WORD FROM MY HEART TO YOURS

As you reach the end of this ebook, I invite you to pause for a moment... and gently take it in.

This journey you are on is not small.

In many ways, it is one of the most profound journeys a human being can take—the journey back to self-love, self-trust, and self-connection.

And as you continue walking this path, something beautiful begins to unfold.

Because when you start to feel a deeper sense of worth within yourself—when you begin to soften toward who you are—life does not only change inside of you.

It begins to ripple outward.

Into your relationships. Into the way you speak and love your partner.

Into how you meet your children, your friends, your family.

Into your workplace, your boundaries, your choices, your presence.

A deeper self-love is never contained to one person.

It naturally expands into the world around you. A ripple effect of love. And perhaps you are beginning to sense that this is not only about you. It never really is

It is about the way your healing touches others.
The way your presence changes a room.
The way your freedom gives others permission to soften, too.

And if at times this journey feels big, tender, or even overwhelming... please know that you do not need to walk it alone. Support is not a weakness in this process—it is often part of the healing itself.

A space to be held, witnessed, and gently guided back to yourself.

A FINAL WORD FROM MY HEART TO YOURS

This is at the heart of all that I offer.

My work—through coaching, retreats, sound journeys, and the spaces I hold—is devoted to supporting women in remembering their light, their worth, and their inner power.

To come home to themselves.
To soften into who they truly are.
To live with more truth, presence, and love.

My Fearlessly Yourself 12-week program is a deep dedication to this journey of self-love.

A mind-body path designed to support you in shifting states, reconnecting with your essence, and cultivating a more embodied sense of being fully yourself. It was created for you—and for the many women who are ready to remember what has never truly been lost: their light.

If something in you feels called, I would love to connect with you.

To simply have a conversation. To listen to where you are, and what you are longing for.

You are welcome here.

And whatever your next step is, may it be held in kindness.

With deep love and gratitude,

Dorothee

ABOUT THE AUTHOR

Dorothee Marossero is a conscious empowerment coach, yoga teacher, NLP Master Practitioner, energy healer, and retreat facilitator devoted to guiding women back to themselves.

Her work supports women in softening the inner critic, releasing patterns of self-doubt and overthinking, and reconnecting with their natural sense of worth, clarity, and inner peace. Through a blend of embodiment practices, mindset work, Prana Vinyasa yoga, and energetic healing, she creates spaces where women can slow down, come home to their bodies, and remember who they truly are beneath conditioning.



Dorothee is deeply passionate about helping women move from self-judgment into self-compassion, from disconnection into presence, and from striving into embodied ease and authenticity.

She is also a mother of two boys, and brings a grounded, real-life understanding of the challenges and beauty of integrating inner work into everyday life.

At the heart of her work is a simple truth: “We do all this to love life”.

Her intention is to support women in reclaiming that love—from the inside out.

Ways to Work With Dorothee

If you feel called to go deeper, there are a few ways to work with her:

1. 1:1 Coaching - Deep personalised support to reconnect with yourself, shift inner patterns, and step into greater clarity and self-trust.
2. Retreats & Events - Immersive experiences combining yoga, embodiment, energy work, group coaching and deep inner transformation in sacred spaces of connection and renewal.
3. Yoga Classes & Practices - Regular online or face to face prana vinyasa classes to return to your body, regulate your nervous system, and reconnect with presence and inner balance.

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