

# Self-Acceptance Balance

**Aim:** To help you overcome irrational thinking that leads to low self-acceptance.

**Instructions:**

1. Write down 1-3 things that you don't like about yourself or don't do well in the four areas of your life.
2. Then complete the second column by writing 1-3 things that you like about yourself or that you do well in the four areas of your life.
3. It is important to fill in every section – even if you find it hard, you need to find both the negatives and positives.

<b>Areas of your life</b>	<b>Things you DON'T do well in your life (NEGATIVES)</b>	<b>Things you DO well in your life (POSITIVES)</b>
Health or spiritual	1. 2. 3.	1. 2. 3.
Relationships	1. 2. 3.	1. 2. 3.
Leisure or fun time	1. 2. 3.	1. 2. 3.
Work or education	1. 2. 3.	1. 2. 3.

4. To counter the tendency to put yourself down when things aren't going well, ask yourself the following questions:
  - Does this bad situation (mistake, failure, rejection, criticism) take away my good qualities?
  - Does it make sense to conclude that “I am totally hopeless” because of one or more negative things that have happened?
  - By putting myself down, am I helping myself to get what I want (to achieve my goals) or am I hurting myself?