Lesson 9

SELF ACCEPTANCE

Learning to accept yourself, both your good points as well as your faults, is what is called Self Acceptance. When you truly learn to accept all the things that you like about yourself along with all those things you don't like about yourself and treat both of them alike; you can say that you have learnt true acceptance. True acceptance will empower you to work for changing those things for the better which you dislike about yourself.

Let's list some of the things you can change:-

- You can choose to change your physical appearance by changing your hair color or by having your hair cut and styled differently

- You can change your body structure if you don't like it by changing your eating habits and exercising regularly

- Most importantly, you can start thinking positive and eliminate all the negative thought patterns from your mind

Why don't you jot down what you want to change about yourself?

1. _____

2. _____

3. _____

4. _____

5. _____

Now list a few things that you love about yourself and do not want to change?

1. _____

2. _____

3. _____

4. _____

5. _____

If you have honestly made the lists, you will be able to see both the positive and negative sides of your own self. Just being able to do so should tell you that you have the requisite Self Acceptance and you can use this acceptance to make that change in yourself and do away with the negative list.

It you are lacking in the self-acceptance; you lack the power and control needed to affect a meaningful change in your life.

True Self Acceptance will empower you to change your self-worth and help you bring about a change in your self-esteem. So own up to your faults and shortcomings by being your own best friend and make that change. This change will be the best thing you can do for yourself.