



SMART Tool

PRACTICING SELF-ACCEPTANCE WORKSHEET

Self-acceptance means accepting yourself as you are, with all your flaws, weaknesses, strengths and talents – the whole package. Rather than judging yourself and beating yourself up for the things ‘you have done wrong,’ it is better to view yourself with kindness and compassion, just as you would if you were your own best friend. In practicing self-acceptance, you let go of struggling with the things you don’t like about yourself. It’s normal to feel some guilt or blame about past behaviours, but not to be overwhelmed by them.

Beating yourself up emotionally only leads to negative feelings, which won’t inspire or motivate you to change but can actually perpetuate the problem behaviour. This can result in getting trapped in a cycle of self-defeating behaviour.

Self-acceptance doesn’t mean that you are giving up, or that you can’t try to be a better person. It just means that you make peace with yourself. This is often the first step in the healing process and makes change possible. You cannot change the past, but you can plan to make good choices for your future.

Think of one time recently when you’ve acted according to your own values and felt good about doing it your way. Why did it feel so good?

What is one thing you could do your way, according to your values in the next 7 days?