



Exercise 3

Self-Acceptance

It takes courage to admit that we like ourselves—faults or no faults, shortcomings or no shortcomings. Here is a simple sentence completion exercise that will allow you to explore this issue and figure out where you now stand.

One of the things I dislike about myself is:

One of the things I like about myself is:

I like myself least when I:

I like myself most when I:

Mother gave me a view of myself as:

Father gave me a view of myself as:

When I feel disliked:

When I'm proud of something no one else cares about or understands:

If I were to admit how much secretly like myself:



The good thing about pretending to dislike myself is:

The scary thing about admitting that I like myself, faults or no faults is:

I am becoming aware:

If any of what I'm writing is true:

If I were willing to breathe deeply and allow myself to experience the joy of being: