

Self-Acceptance Test

Write six to ten endings as rapidly as you can for each of the following sentence stems. Don't worry if your ending is literally true, or if one ending conflicts with another. None of your endings are carved in stone. This is merely an exercise – an experiment.

It's not easy for me to be self-accepting when I:

It's not easy for me to admit that:

One of the emotions I have trouble accepting is:

One of the thoughts I tend to push out of my mind is:

If I were more accepting of my body:

If I were more accepting of the things I have done:

If I were accepting of my feelings:

If I were more honest about my wants and needs:

The scary thing about being self-accepting is:

If other people saw me being more self-accepting:

The good thing about being self-accepting might be:

I am becoming aware of:

I am beginning to feel:

As I learn to stop denying my experiences:

As I breathe deeply and allow myself to experience self-acceptance: