Building Self Acceptance through Positive Self-Talk - Handout

What is self acceptance?
Self acceptance is being able to recognize your value as a person. It is essentially your level of self-worth and feeling of comfort in your own skin regardless of your faults and weaknesses. Without self acceptance, one would not be capable of reaching their full potential in life.

What is the difference between self acceptance and self-esteem?
Self esteem is a belief or feeling about yourself. It is what you believe or feel you are capable of doing. Having high self esteem can help build self acceptance.

High Self-Esteem = Feeling good about yourself
Low Self-Esteem = Feeling badly about yourself

Self acceptance is more of an action rather than an abstract sense of self. It is something you do – you stick up for yourself, you utilize your strengths and take responsibility for your faults, and you practice loving yourself every day.

How can I build my self acceptance?
Self acceptance is a reflection of beliefs you gained as a child and adolescent. It usually comes from messages you get about yourself. These messages can come from other people (like parents, teachers, or friends) or from yourself. The messages you send yourself is called “Self-Talk.” If you are used to hearing negative messages from other people, chances are you will send yourself negative messages too. Things like “I’m so stupid,” “I’m not good enough at this…” or “It’s my fault this happened” are examples of negative self-talk. One way to rebuild your self acceptance is to re-train yourself to engage in positive self-talk. Positive self-talk us when you focus on your strengths and positive qualities, reminding yourself that you are a good and valuable person.
“I am a good and caring person and deserve to be treated with respect.”

“I am capable of achieving success in my life.”

“There are people who love me and will be there for me when I need them.”

“I deserve to be happy.”

“I am allowed to make mistakes and learn from them.”