

~~UN~~ *Perfectly* ACCEPTABLE

5 Techniques in Self-Acceptance



Accepting CIRCUMSTANCES



Acknowledge: "Your resistance is making this worse for you"

Connect: "You're not alone—[this] touches millions of people"

Talk kindly: "This is how it is today, and today you'll be better off if you flow with this rather than against it. You've got this."

GO WITH THE FLOW

The next time you wash your hands, feel the water flowing out of the tap. Sense the texture, the temperature and pressure, the flow of the water as it cascades over your fingers.

Take an intentional pause, breathe deeply, and accept this singular moment.

Say to yourself, "This is now. All I have is today, this moment. I am here, now. I go with the flow. I choose to flow with life rather than against it. I accept this moment and I let it be just as it is."

“

*Accepting
circumstances
doesn't mean you like
what's happening—it
means you work with
what you've got.*

”

Accepting YOURSELF



Acknowledge: “That’s a mean thought. It’s painful to be so harshly judged. You’re really suffering with this.”

Connect: “You’re not the only one to think this way. We’re all wired for negative thinking. Not feeling good enough is a common experience.”

Talk kindly: “You’re doing the best you can. You’re okay just as you are. You’re special.”

TIME TRAVEL EXERCISE

Look at a photograph of yourself from when you were a child. Consider what it was like to be that child, to be you growing up.

Close your eyes and see your current self in front of your child self.

What would your current self like to say to that child self? Can you hug that child?

Can you tell that child how things will be when they grow up?

Does that child have anything to say to your current self?

That child is part of you, even today.

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*Accepting yourself
doesn't mean that
you stop striving to
improve—it means
that you love yourself
just as you are.*

”

Accepting OTHERS



Acknowledge: It feels strange to wish someone well when there's tension between us.

Connect: Lots of people have estranged relationships with their [other].

Talk kindly: You can give this a try. They're a person, just like you, who wants a better life. You can do this. "May you be happy. May you be healthy. May you be safe from harm. May you know peace."

JOURNAL REFLECTION

Reflect, in writing, on these prompts:

When I'm stuck in my own resistance, I feel...

When I want this person to be other than how they are, I feel...

When I accept this person just as they are, I feel...

Others are suffering and I know what it feels like to suffer. Therefore...

What have I done for this person lately?

What harm have I caused for this person lately?

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*Accepting others
doesn't mean you
approve of their
behavior—it means
that you allow their
humanity.*

”

Taking Care of YOURSELF

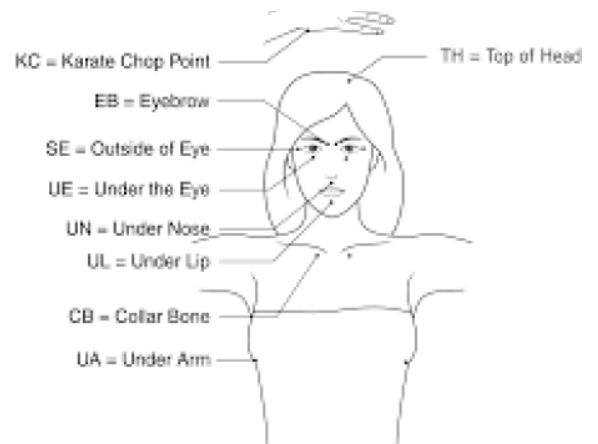


SELF MASSAGE

- Body oiling: massage oil or lotion into the whole body, starting with extremities and working inward.
- Use the right hand's fingers to pull down each finger on your left hand, from base to tip, while twisting back and forth. Repeat with the left.
- Draw circles with your fingertips at your temples, increasing the size and pressure of your circles as you move toward your scalp.
- Using one or both palms, rub your abdomen in clockwise circles—the same direction that your food moves through your intestine.
- Cross your arms across your chest and hold your shoulders. Squeeze each shoulder three times, then work your way down your arms with your hands, pressing and releasing down to your wrists.

TAPPING

- With 2-3 fingers of either hand, work your way through the points shown in the Tapping Points diagram, tapping each location 3-7 times as hard as a drum.
- As you tap, repeat a phrase about how you feel right now physically or emotionally, and how you'd like to feel. Try "Even though I feel/believe/have_____, I fully accept/honor/love/trust myself."



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*Self love is doing the
work we need to do
to be free*

-yung pueblo

”

Loving-Kindness

MEDITATION

- Sit comfortably. Close your eyes, relax your muscles, and take a few deep breaths.
- Imagine yourself experiencing complete physical and emotional wellness and inner peace. Imagine feeling perfect love for yourself, thanking yourself for all that you are, knowing that you are just right—just as you are. Focus on this feeling of inner peace, and imagine that you are breathing out tension and breathing in feelings of love.
- Repeat three or four positive, reassuring phrases to yourself. These messages are examples, but you can also create your own:
 - May I be happy
 - May I be safe
 - May I be healthy, peaceful, and strong
 - May I give and receive appreciation today
- Taking a deep breath in and out, begin to envision someone neutral to you. This could be a neighbor, coworker or acquaintance. Repeat the phrase again to extend feelings of loving kindness to them.
- Now, breathing in and out, think about including someone with whom you are in conflict or are having a tough time being around. Repeat this phrase again to help reach a place of forgiveness or greater peace.
- Finally, expand your focus to include groups of people around the world. Extend feelings of loving kindness to people around the globe and focus on a feeling of connection and compassion. Repeat the phrase one last time to them.
- When you feel that your meditation is complete, open your eyes. Remember that you can revisit the wonderful feelings you generated throughout the day. Internalize how loving kindness meditation feels, and return to those feelings by shifting your focus and taking a few deep breaths.