

# Loving...You!: The Art of Self-Acceptance

Presented by ComPsych® Corporation



**Stay Ahead** of Performance, Productivity and Health Issues

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# Agenda

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- Definitions of self-esteem and self-acceptance
- Factors that contribute to low self-regard
- Rekindling self-love
- Daily tips for greater self-acceptance



# Self-Esteem vs. Self-Acceptance

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Self-esteem: Confidence in one's own worth or abilities; self-respect.

- Oxford Dictionary

Self-acceptance: Accepting all parts of one self even the parts that aren't so pleasant



# Factors that Contribute to Low Self-Regard

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- Critical caregivers
- Distracted or uninvolved caregivers
- Conflict between caregivers
- Bullying
- Academic challenges without caregiver support

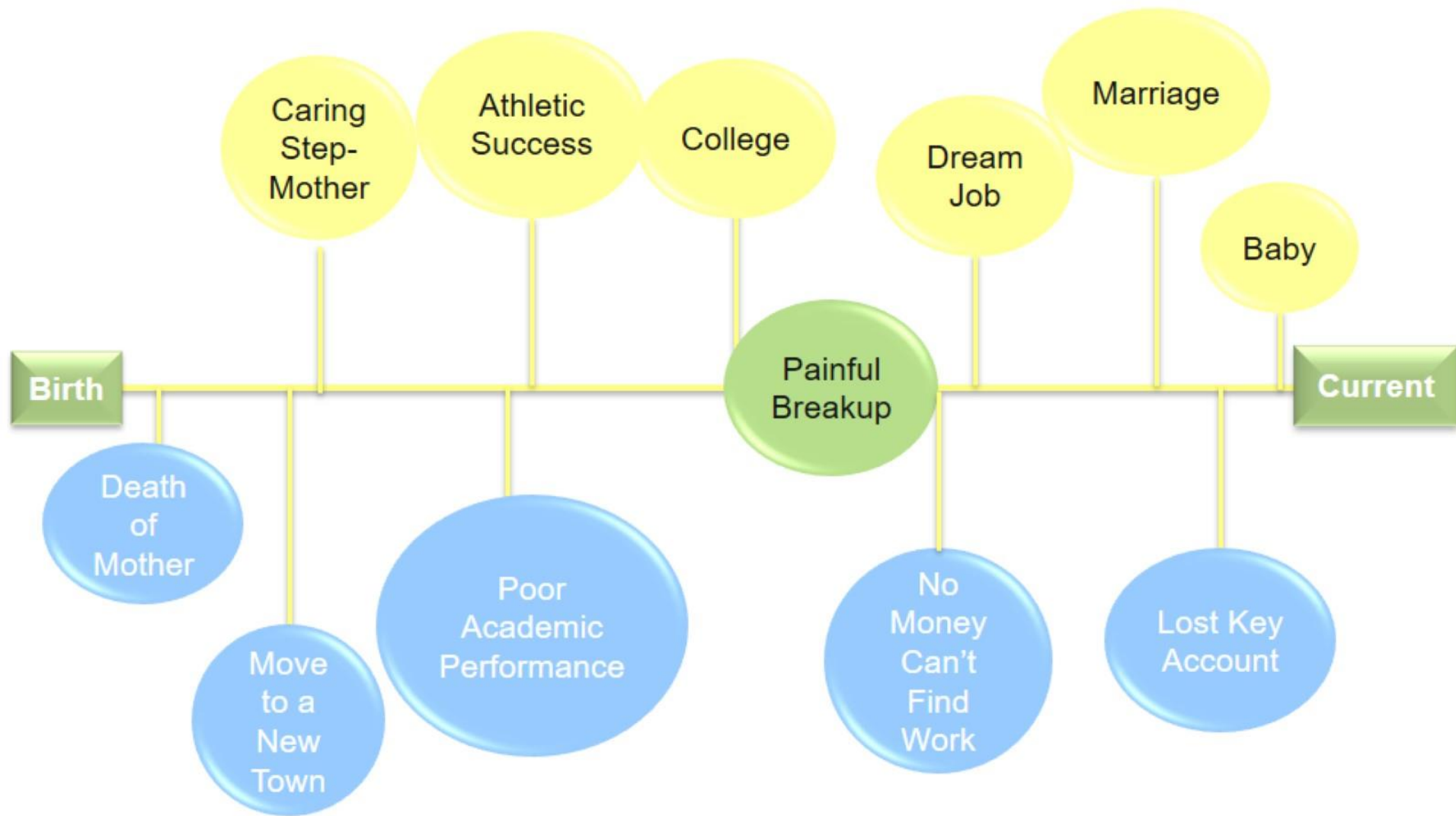


# Factors that Contribute to Low Self-Regard Continued

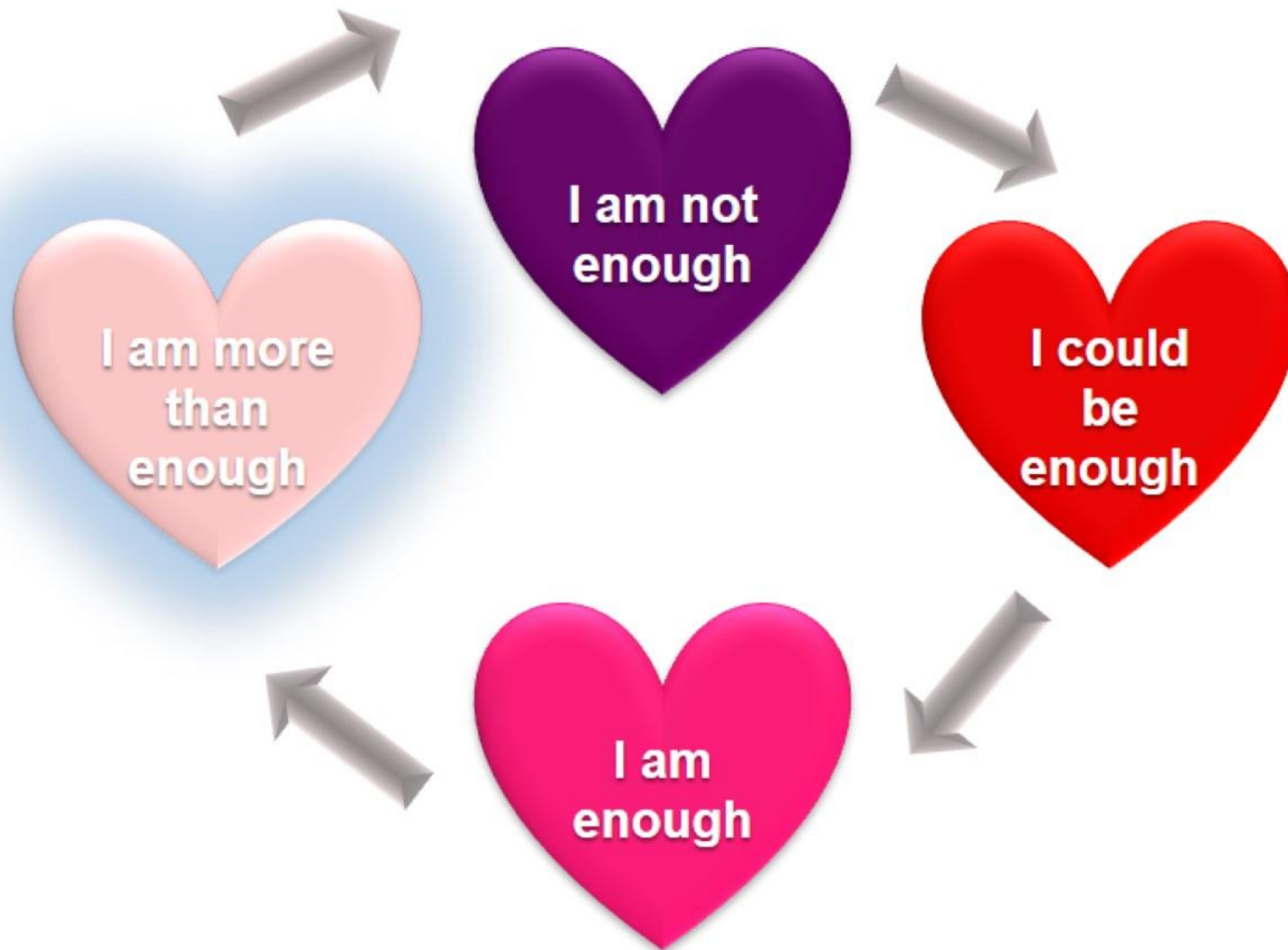
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- Trauma
- Socio Economic Status (SES)
- Belief systems
- The tyranny of the “musts,” “oughts,” and “shoulds”
- Societal and media influences

# Self-Esteem Timeline



# The Self-Acceptance Path



# Silencing the Critic

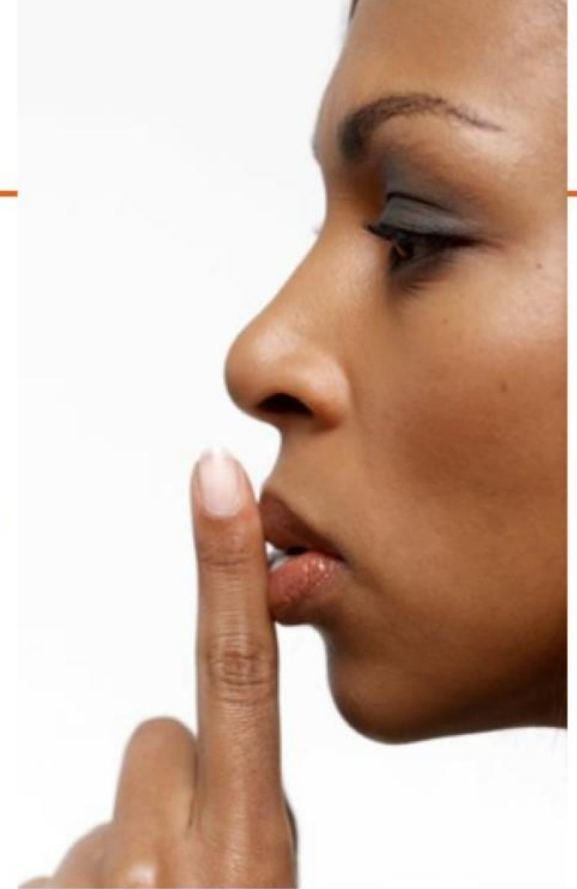
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## Exercise One:

- Write down your critical thoughts, first as “I” statements, then as “you” statements.
- Next, stand up to this internal enemy by writing down responses to your critical thoughts, with the more realistic perspective of a compassionate friend

## Exercise Two:

- Why does it matter?
- What’s the big deal?
- Who cares?
- Why can’t I do it?





# 11 Step Prescription for Self-Love

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Step 1: Spend time connecting with your inner world

Step 2: Face your internal resistance and challenges

Step 3: Heal past wounds

Step 4: Forgive yourself for past mistakes

Step 5: Accept your life in this moment



# 11 Step Prescription for Self-Love Continued

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Step 6: Form supportive, loving relationships

Step 7: Accept that not everyone will like you and that's okay

Step 8: Compare self only with self, not others

Step 9: Live a life that enriches you

Step 10: Give others the love you want to receive

Step 11: Live with intention

# Daily Tips for Greater Self-Acceptance

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- Start the day connecting with yourself, not technology
- Meditate and journal
- Give yourself praise and affirmations
- Connect with your emotions, even emotions that are unpleasant.
- Explore the world



## More Daily Tips

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- Own your potential
- Express appreciation and gratitude
- Respect and honor yourself
- Explore the world and have fun
- Seek professional help





There are additional resources on  
[www.guidanceresources.com](http://www.guidanceresources.com)

**Check it out!**

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Click the link below to complete the Loving You...the Art of Self Acceptance quiz and then submit.

**LOVING YOU...THE ART OF SELF**  
**ACCEPTANCE QUIZ**

