



THE TOOL:

Unconditional Self-Acceptance

EFFECTIVELY USED FOR WHICH OF THE 4 POINTS?

Building Motivation Coping with Urges Problem Solving Lifestyle Balance

EQUIPMENT REQUIRED: None

USA Today - by Nick Rajacic, MSW

I accept myself because I'm alive and have the capacity to enjoy my existence. I am not my behavior. I can rate my traits and my behavior, but it is impossible to accurately and honestly rate something as complex as my self. My self consists of innumerable traits; no single one is all important unless I decide that it is. Exaggerating the importance of any one trait will cause me more grief than it will help me.

I strive for achievement only to enhance the enjoyment of my existence, not to prove my worth.

Failing at any task cannot make me a failure. I can choose to accept myself even if I am unwilling or unable to change my character defects, because there is no law of the universe that says I can't.

My approval of myself cannot come from pandering to any external source or bowing to any external authority. My self-acceptance can only come from me, and I am free to choose it at any time.

USA Everyday - by Henry Steinberger, Ph.D.

The myth of variable self-worth is based on a self-rating scheme that differs from person to person, but in all cases it involves choosing arbitrary traits or attributes to rate, because NO set of attributes exists that would universally and perpetually define intrinsic or self worth. An attribute or set of attributes would cover only relative extrinsic worth (worth compared to some arbitrary standard) or worth in relation to others and their goals (e.g., Do they accept me?).

Can you rate red as good or bad? Only in relationship to some goal, but not universally. You can say it is more or less red, that red is good or bad for some purpose, or that one likes or dislikes red, but never honestly that red is inherently good or bad. By way of analogy, a person—their self, essence, or being—can never be accurately and honestly rated, though it may be done regularly much to the person's detriment. Refuse to rate yourself and save yourself from the emotional disturbances and behavioral traps that come with the self-rating game.

The self-esteem game. Many if not most people put others down in order to prove that others rate no better, or worse, than they themselves do and so they build themselves up in this comparative rating scheme. The antidote would be unconditional other acceptance. Practicing UOA can be good practice for maintaining better USA.