

Everybody has a story. What's yours?

Self-Acceptance Writing Guide

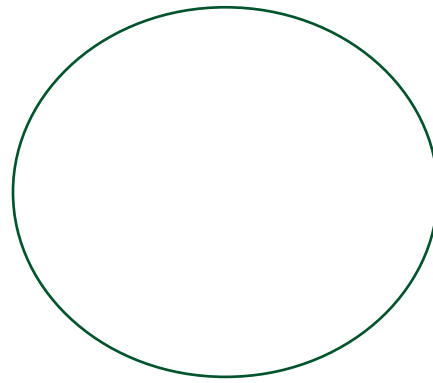
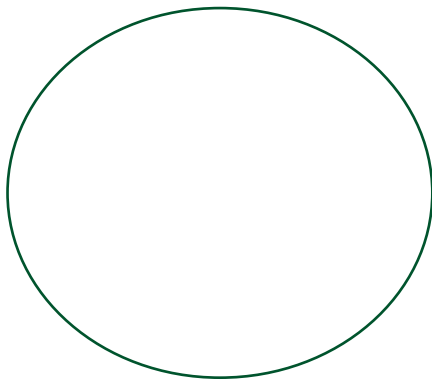
"We cannot change anything unless we accept it." – Carl Jung



Is it easier to accept the things we like about ourselves than the things we deem negative? Why do we resist the things we don't like but welcome those we do? Is it a challenge to accept the things we don't like about someone else than about ourselves? Can we wish away certain attributes and behaviours, will that help them disappear? Unconditional self-acceptance is a difficult task to integrate into our way of thinking, feeling and loving. It's a practice. Let's start here.

With each of these writing prompts, feel free to flow through your thoughts, unconstrained by time, space, or objective. Simply see what comes up as you write.

1. **Think of someone you love dearly. Draw 2 circles.**



On the left, write down all the things you love about that person. On the right, jot down the things you think that person should work on.

2. **Stop and think. From the "positive" circle, write down why these items are positive traits. Think about how they impact you directly, why they contribute to your love for that person.**

3. Which items could you remove that would affect your love for that person. If any, explore.

4. Now look at the left circle. Think about whether your love would be stronger if the items you wrote down were worked on or changed. Would you love that person more if they didn't do, act, behave in some of the ways you wrote down?

5. Repeat this exercise with using yourself as the point of reference. Are you harder on yourself than you are on others? if someone else did this exercise using you as their first model, what would come up?

As we write, we create some distance. This distance allows meaning to surface.

SETTING INTENTIONS

In each of the circles, write a few emotions that came up during this exercise reserving the left circle for positive emotions and the right one for negative emotions or limiting beliefs. Then, set an intention that allows you to hold space for your emotions while also releasing them. Write that intention at the centre.

