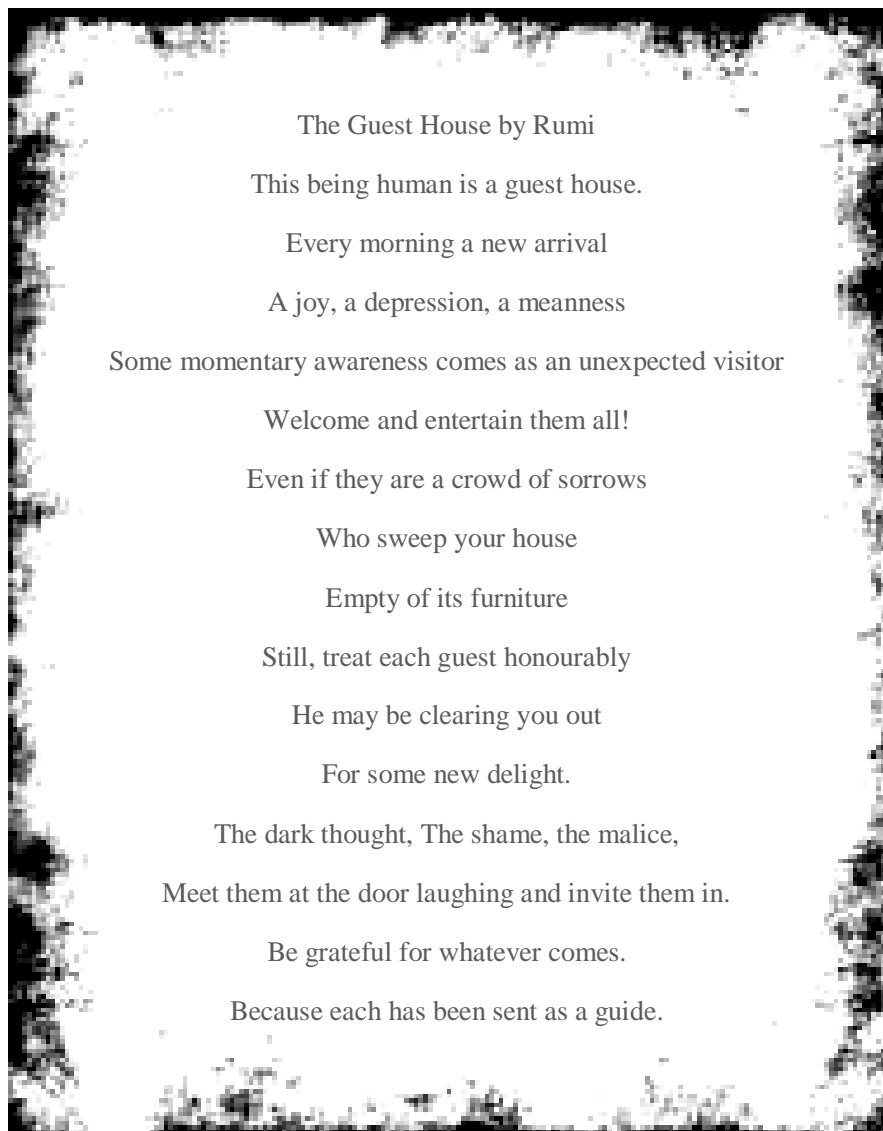


Self-Acceptance

Self-acceptance according to University Professor and Researcher, Lorrie Shepard, means to be 'happy or satisfied with yourself' and this is understood to have a positive impact on health and wellbeing. Professor Shepard goes on to describe how self-acceptance involves self-understanding and a realistic awareness of strengths and weaknesses, which results in feelings of worth that is individual to that person; a "unique worthiness"¹.

When we accept ourselves for who we are, it also helps us to accept any uncomfortable feelings that we may observe within ourselves. By practicing a mindset of self-acceptance, we can better accept the presence of anxiety, anger or sadness, which can make it easier to let these feelings come and go.

A poem about self-acceptance.



¹ Shepard, Lorrie A. (1978). "Self-Acceptance: The Evaluative Component of the Self-Concept Construct". *American Educational Research Journal*. 16 (2): 139–160.

Self-forgiveness

There has been little research on the topic of self-forgiveness until the end of last century. Self-forgiveness was defined by Enright (1996) as a desire to forgive yourself and not hold any resentment towards mistakes that are recognized as a normal part of life, instead, encourage compassion, generosity and love. The studies that have been conducted show a clear link between self-forgiveness and higher levels of self-esteem and life satisfaction. Further studies indicate a relationship between the failure to forgive and high levels of guilt and shame that can lead to anxiety and depression².

² M. Prieto-Ursua; 'Self-forgiveness, self-acceptance or intrapersonal restoration? Open issues in the Psychology of Forgiveness', 36(3):230-237 · October 2015