



Wellbeing
& Recovery
College

Midlands Partnership
NHS Foundation Trust



A Keele University Teaching Trust

Building Self-Esteem and Assertiveness

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.

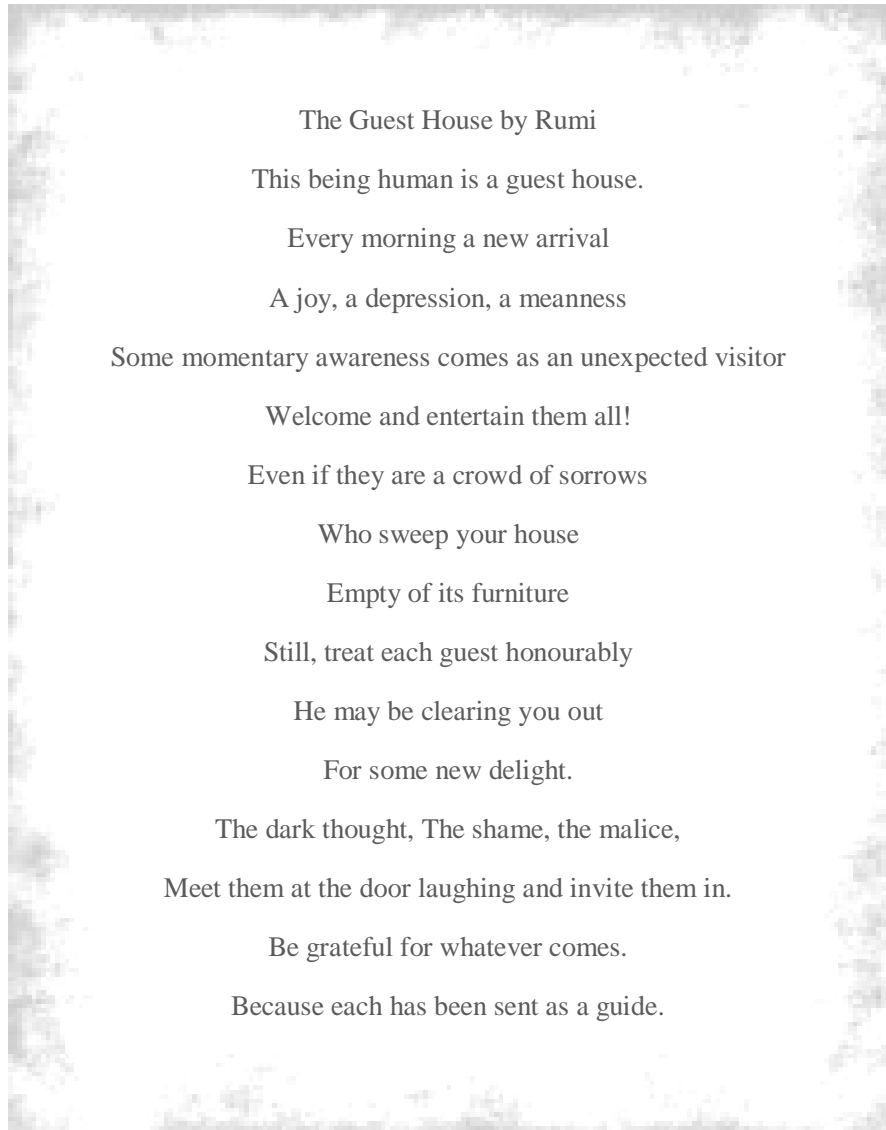
Self-Forgiveness

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.

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

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

A poem about self-acceptance.



Inspiring Quotes about Self-Discovery

WWW.THIRTEENTHOUGHTS.COM

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it."

~Henry Ford

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

~Dale Carnegie

"Tough times never last, but tough people do."

~Robert H. Schuller

"Many of life's failures are people who did not realize how close they were to success when they gave up." ~Thomas Edison

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

~ Michael Jordan

"As long as you keep fighting, you are a winner."

~Unknown

"The best way out is always through."

~Robert Frost

"Never give up on something you can't go a day without thinking about" ~Unknown

"I learned there are troubles of more than one kind. Some come from ahead, others come from behind. But I've bought a big bat. I'm all ready, you see. Now my troubles are going to have trouble with me."

~Dr. Seuss

"Courage is not having the strength to go on; it is going on when you don't have the strength."

~Theodore Roosevelt

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover."

~Mark Twain



BULLET JOURNAL

