



A study on self-acceptance and improving Techniques

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Abstract: *Self-acceptance refers to the state of total acceptance of oneself. Accepting who you are without constraints, restrictions, or exceptions is what true self-acceptance entails (Seltzer, 2008). The process of true self-improvement begins by truly accepting ourselves. This study focuses the importance of self-acceptance, the self-acceptance exercises, enhancing self-acceptance, and providing suggestions for improving self-acceptance.*

Key Words: *Unconditional self-acceptance, gratitude, forgiveness, irrational thinking, compassion, past-trauma.*

1. INTRODUCTION :

Self-acceptance is the acceptance of oneself and all of one's characteristics, whether favourable or negative." This definition places a strong emphasis on the value of accepting oneself completely. To truly embody self-acceptance, you must embrace both the less appealing, undesirable, and ugly aspects of yourself. It is not enough to only embrace the nice, valued or positive aspects of yourself. You're not mistaken if you believe it will be challenging to embrace all of your flaws. In other words, before beginning the process of change, we must first admit that we have negative tendencies and habits.

1.1 Unconditional Self-Acceptance

Self-acceptance—and not just any self-acceptance—is the first step. Accepting ourselves when we are at our lowest and with our shortcomings and defects in stark perspective is the true mark of unconditional self-acceptance. It is relatively simple to accept ourselves when we have just done something great—won an award, fallen in love, or started a fabulous new job.

Unconditional self-acceptance, according to psychotherapist Russell Grieger (2013), is realizing your independence from your traits and behaviours. You acknowledge that you have flaws and that you have made mistakes, but you refuse to allow these things to define who you are. You admit that you are not flawless and that you are a flawed human being. You'll frequently perform well, but occasionally you'll make mistakes too. You never judge yourself and always embrace yourself. 2013 (Grieger). You can learn to love yourself, accept who you truly are, and focus on enhancing your less-than-desirable features and qualities when you practice unconditional self-acceptance.

2. Objective of the study :

- To study the importance of self-acceptance.
- Enhancing self-acceptance and improving exercises.
- To provide the suggestions for improving self-acceptance.

3. Importance of Self-Acceptance :

- Being able to somewhat accurately assess yourself and understand your strengths and weaknesses
- Accepting your entire self, including your flaws, and accepting yourself for who you are



- Accepting your past, present, and future values, preferences, resources, emotions, and actions
- Recognizing your accomplishments and strengths without being unduly arrogant about them
- Recognizing your flaws and failings while refraining from berating yourself or using excessively negative self-talk
- Having a good outlook on life and a high regard for oneself without depending on the acceptance of others.
- Viewing yourself as a whole person rather than limiting yourself to just one trait, experience, skill, or flaw
- Being capable of loving and valuing oneself
- On the other hand, a lack of self-acceptance can result in a split sense of self that exists deep within your subconscious, wherein one aspect of you is enraged, unhappy, annoyed, ashamed of, or disappointed with another.

4. Self-acceptance exercises :

- **Practice gratitude**

Every day, make a list of three to five things for which you are grateful. This could initially appear challenging, especially if you have a propensity to focus on the negative.

However, expressing gratitude on a regular basis can help you reprogram your brain to place more importance on the positive.

Look for the good in any situation that appears to be terrible. Be grateful for the lessons you learned when you fail at anything. Consider the advantages of your alleged deficiencies as well.

- **Reframe your negative thoughts**

If you have negative beliefs, your inner critic will talk. They cause a lot of sorrow and prevent you from reaching full self-acceptance. You can redefine your negative self-perceptions by putting them in writing. If you feel terrible about yourself because of anything you did in the past, for instance, write it down. Make a list, go over it, and reframe each belief. Start by challenging each claim by posing the question, "Is this true?"

Then, substitute more uplifting self-talk for each sentence. As an illustration, say, "I am a wonderful person, but I'm also human, therefore I occasionally make mistakes."

- **Choose your support system**

List the persons you spend the majority of your time with. Think about whether they typically talk to you in a positive or negative way.

Consider whether it might be possible to spend less time with those who have a pessimistic outlook. You may even be able to completely cut them out of your life.

This may not always be possible, for example, when dealing with a close relative. However, try to remove as many poisonous individuals from your life as you can. Spend time with positive people that support and respect you.

- **Meditate**

By regularly practicing meditation, you can stop yourself from talking negatively to yourself. As a result, you might feel happy and have more positive emotions.

The goal of meditation is to remain detached from those thoughts as you observe them.

The psychological state of one's mind is improved and inner peace is promoted by meditation and other mindfulness practices. You can do this to improve your self-esteem and reduce self-criticism.

- **Forgive yourself**

Forgiving oneself for past wrongdoings and regrets is one of the first stages in loving oneself.

To move past previous mistakes, practice self-forgiveness. You'll be reminded that you're only human and that you tried your best. You can move past your regrets with the aid of this.

Consider a circumstance, deed, or error you would like to forgive yourself for. Write down any criticisms you have of yourself in relation to that circumstance.

- Overcome irrational thinking



Fill in the appropriate slots on the top half of the circle with plusses (+'s) for the things you do well at work or school and with minuses (-'s) for the things you don't do so well to overcome your irrational thinking that results in low self-acceptance. Next fill in the bottom half of the circle with your positive attributes, positive traits about yourself, negative attributes about yourself, and both.

Rest of Life: When things aren't going well, ask yourself these questions to help you fight the need to belittle yourself: Does this unfortunate circumstance (error, failure, rejection, or criticism) eliminate my positive traits? Does it make reasonable to draw the conclusion that "I am absolutely hopeless" as a result of one or more unfavourable events?

Thoughts to Help Increase Self-Acceptance

When I act badly, I'm not a bad person; I'm a person who has acted terribly. When I act well and achieve something, I'm not a good person; I'm a person who has acted well and achieved something.

I would better not define myself wholly by my actions, by the opinions of others, or by anything else under the sun. I'm capable of accepting myself whether I triumph or fail.

I am not an idiot for doing what I did. If I were an idiot, I'd never be able to improve.

I have numerous problems and can work on fixing them without blaming, condemning, or damning myself for having them. I am not an ass for acting foolishly.

5. DISCUSSIONS :

- ❖ **Accept your values:** It's critical to recognize, state, and accept your individual values and ideas. Following your beliefs when you think and behave might help you feel more like yourself, have better self-respect, and find it simpler to accept who you are.
- ❖ **Establish sound limits:** You might discover that you need to set boundaries in your career, relationships, time, and money, among other areas of your life. Establish limits and uphold them. Don't let people cross your boundaries or treat you like they own the place. This can lessen abuse, which you can find challenging to accept on a subconscious level. Self-forgiveness is the ability to accept responsibility for your actions and move on from mistakes. Acquire the ability to forget your transgressions.
- ❖ **Eliminate self-blame:** Recognize that not all of the bad things that happen to you are your fault. Be objective and assess any additional elements that might have affected the situation.
- ❖ **Don't assess yourself against others:** Instead of comparing yourself to other people, strive to be a better version of the person you were before. Strive to see the bright side of any circumstance by keeping your attention on the positive. Try to think of at least one thing you did right rather than concentrating on what you did poorly. Reframe any negative thoughts you have about yourself and think them differently in a positive light.
- ❖ **Keep a diary:** Keep a notebook where you can record your triumphs and strengths as well as your flaws and disappointments. It can be beneficial to write down your ideas on the circumstance and what you could have done differently if you are having trouble accepting anything. This can assist you in making changes in the future and acting more morally.



6. FINDINGS :

- However, Harvard Medical School warns that a lack of self-acceptance can be detrimental to your physical and mental health.
- In fact, a 2014 study indicated that lower levels of grey matter in regions of the brain that control emotions and handle stress were associated with low self-esteem and a negative perspective of oneself.
- One's risk of emotional problems and illnesses linked to stress may rise as a result.
- Lack of self-acceptance might consequently result in:
 - Mental health disorders such as post-traumatic stress disorder, anxiety, or sadness (PTSD)
 - low self-esteem and failure-related anxiety
 - avoiding individuals or situations that make you feel bad
 - Lack of strict limits in relationships causes problems
 - a tendency to speak negatively to oneself ("Why did I think I could do this? Others are far better than me in everything; I'm not good at anything.")
- People who lack self-acceptance essentially devalue themselves, which frequently negatively affects many facets of their lives, including job, relationships with friends and family, their health, and their general well-being.

7. Enhancing self-acceptance :

- **Exercise calm awareness.**

A smooth consciousness of our ideas, feelings, suffering, self-rating, and judgment, etc. is what is meant by relaxed awareness. as opposed to constant distraction or intense focus. It is a consciousness of our being as well as the current stream of occurrences, such as thoughts, feelings, and external stimuli. To practice, close your eyes for a minute and simply notice your thoughts, feelings, and body, without trying to block them out or put all of your attention on your breathing. It's okay if you notice bad feelings or ideas. Just pay attention to and observe them. Don't try to push them away or change them into something wonderful.

- **Accept what you observe**

You'll notice things when you practice relaxed awareness, such as unhappy thoughts, worries, happy thoughts, self-judgments, etc. We often desire to cease having bad thoughts and feelings, yet doing so just results in repression, avoidance, and negation of the bad. Rather than avoiding these phenomena, welcome them, invite them over for a cup of tea, and give them a hug. They fit into your life and are acceptable. It's okay if you feel discouraged by your recent exercise performance. Give the negative emotion a hug, comfort it, and allow it to linger. Although they are not unpleasant, they do present chances for self-discovery. Running away from these "bad" feelings only makes the suffering worse. Find the positives instead, and find the opportunity.

- **Gratitude sessions**

The moment you awaken, consider all of the things for which you are thankful. Include information about you. What aspects of your failure are you appreciative of, if any?

- **Kindness and forgiving**

What aspects of your imperfection, if any, can you be thankful for? If it helps, you're welcome to write about these topics in your journal every day or once a week. Can you come to terms with why you did it and realize that, in the end, you don't even require pardon? We did the best we could give our humanness, surroundings, knowledge and experience, etc., if we genuinely try to comprehend. Therefore, rather of forgiving, we should try to understand and find ways to make the hurt go away.

- **Interact with someone.**

One of my favourite methods is this one. Our minds can become so clouded with ideas and emotions that it becomes challenging to perceive things clearly. It can be beneficial to discuss these problems with a friend, partner, or coworker in order to gain a better understanding of who you are.



8. CONCLUSION :

You are more likely to care less about what other people think of you when you accept yourself. This makes it easier for you to see things clearly and less probable for you to hold a grudge against yourself. Your entire well-being can be significantly influenced by how you feel about yourself. According to a 2018 study, self-acceptance can foster a sense of well-being, which in turn promotes the establishment of healthy interpersonal connections as well as personal growth and development.

9. Suggestions for improving self-acceptance :

- **Commit to working on your self-acceptance.**

This simply implies that you choose to confront and improve your degree of self-acceptance. Start by taking note of your self-talk and the things you are criticizing yourself for. Record the messages you are giving yourself in a self-acceptance notebook.

- **Examine any past trauma and address it.**

Make a note of any past trauma you may have experienced and write about it in your journal. Make an effort to recognize whatever trauma you have had and start processing it.

- **Determine your own value system.**

Make a list of the things you do and don't believe in. List your core beliefs and the reasons you desire to live by them. Your value system might incorporate some of the lessons you learned as a child, but you might also make the deliberate choice not to include all of the things your family of origin taught you to believe. Only what is right for you should be included in your value system.

- **correct the negative information about the self**

Speak to your inner child as your maternal or paternal adult self and address the unfavourable signals you're sending yourself. Write to your inner child and communicate with him or her in the same way you would with a little child. Decide how you wish to correct the messages after explaining why they are incorrect. Explain to your inner child why you are good enough if the message is, for instance, "I am not good enough."

- **Forgive yourself for mistakes and failures.**

Make a deliberate choice to extend yourself forgiveness. Even if we now know something that we previously didn't, we cannot hold ourselves responsible for it. While it's necessary to learn from our mistakes, punishing ourselves continually for potential regrets is never beneficial.

- **Accept imperfection.**

Recognize imperfections. No one is perfect. What kind of person do I think I am if I demand perfection from myself but don't demand it from others? Acknowledge all aspects of who you are, including your flaws, strengths, and missteps. The finest present you can offer yourself this holiday season is self-acceptance, which you can express in the form of your approaching New Year's resolutions. It will take some time and is not a quick repair, but it is worthwhile. You deserve it. Being more tolerant of oneself will make it easier to accept others and to be less judgmental of both. A fantastic objective for the next year and the holiday season.

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