

CREATING CONFIDENCE: DEVELOPING SELF ACCEPTANCE

The following are a number of statements to promote self acceptance and with increased self acceptance comes increased confidence.

Consider each statement carefully.

Think about each statement in relation to developing your own self acceptance.

Remind yourself regularly of these statements.

Choose your favourite statements, write them out and pin them up as a reminder. You may like to create some new positive self-statements and add them to the ones below:

<p>I can accept I am a fallible (less than perfect) human being.</p>	<p>I can accept that others and the world are fallible (less than perfect).</p>
<p>Because I demand a thing or person is a certain way does not follow that it or they must be that way.</p>	<p>I am capable of making mistakes and I can learn from these experiences to help me in the future.</p>
<p>I can regret mistakes I have made and choose not to condemn myself or others through guilt or blame.</p>	<p>Because I make a mistake or do something 'wrong' does not mean I am a failure or stupid – it may mean I have acted or behaved in a way that I regret or am not happy with and I can regret this without condemning myself 100% AS A FAILURE OR A 100% STUPID PERSON</p>

<p>I, like others, have a mix of qualities, skills, experiences etc. as a human being which can be 'good, bad and ugly' – this means no one 'bad thing' (or 'few bad things') are the total sum of who I am.</p>	<p>I do not have to listen and believe the 'critical' part of myself. It is part of me, not all of me. I can start to listen and be open to believe a new 'supportive' part of me, the voice that says I can do it.</p>
<p>If someone has better skills than me this does not make them a better person. If I have better skills than others, this does not make me a better person than others.</p>	<p>I can look for the evidence to support or refute my unhelpful thoughts and learn to develop new ways of thinking.</p>
<p>Confidence is not a commodity I can buy at the shops, neither is it something we are born with or without –confidence is about accepting ourselves and others, even when 'bad things' happen.</p>	<p>Facing our fears and challenges in life provides us with a learning opportunity to make changes we want to make in the future, and to do things differently step by step.</p>
<p>I can endure and survive things, even when I don't like them or feel uncomfortable, as these experiences can help me to identify what I want to change in my future.</p>	<p>Putting myself or others down ("I'm crap" "They're crap") is an unhelpful habit that can be changed with practice.</p>
<p>The more I tell myself 'I should...they should...it should' or 'I must...they must...it must...' the more I will disturb myself. I can choose not to disturb myself by challenging my thinking and by thinking more preferentially by using statements like 'I want... I wish... I desire...'</p>	<p>Thinking differently about myself, Others, and the world, takes practice – remember I only have to achieve 'good enough' as perfection does not exist!</p>



<p>Developing my self acceptance means I am ready to face challenges and learn and grow from these.</p>	<p>I can ask myself This question: `does my thinking help or hinder me in accepting myself?' If it hinders me then I can learn to think differently.</p>
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NOW try and think of some of your own which help you to think helpfully, calm down and stay in control. Fill in the empty spaces:

- **Practice this exercise on a daily basis for a week.**
- **Use this when you notice you are feeling anxious or stressed or you are entering a situation in which you want to be more confident.**