

Self-Regard – build it and protect it

Instructions:

Unconditional Acceptance Exercise

It is useful to understand what conditions you may have placed on your self-worth— these may have developed from your upbringing due to the conditional environment provided by your parents. Such conditions may have been real or perceived based on the importance placed on certain activities, eg if only praised for good exam results you may have developed a condition linked to achievements

Step 1: Make a list of the conditions you put on yourself that, *in your mind*, make you ok as a person.

Here are some possible conditions of worth you may identify with yourself for you to use or amend as applicable:

I am ok as long as...

I am perfect
I help others.
I am busy
I have lots of friends
I have my family
I have my husband/wife/partner
I control others
I have a big house/big car
I live in the right district
I go to the best holiday resorts
I wear expensive, designer clothes
I look after others
I don't spend money
I am successful
I am an expert in my field

Now make your own list.

Step 2: Now reflect on this statement 'I am ok because I am me.' What's stopping you from believing this statement? What needs to change?

Step 3: For each of the conditions of worth you have written down, reflect on the last time you used this condition of worth to try to feel better about yourself. Now replace these with thoughts of unconditional praise for yourself. Cross out each of the items on the above list and rewrite your conditions of worth with positive unconditional statements. For example:

I am ok because...

I am flexible
I am funny
I am reliable and trustworthy
I am supportive and helpful