

# Self Acceptance



## MY THOUGHTS

## MY EMOTIONS

## MY BODY

## MY VALUES



What am I thinking?

What am I feeling?

What does my body feel and where in my body do I feel it?

What is important to me?



Why might I be thinking this?

Why might I be feeling this?

Why might my body feel this way?

Why might this be important to me?



Is there another way I could think about this?

Is there another way I could feel about this?

Is there anything else I feel in my body?

Is there a general value that goes with this?



What is the most rational way to think about this?

What might this feeling be telling me?

What does my body need right now?

What do I need to do to respect this value?