

Unconditional Acceptance:

We are all imperfect beings in an imperfect world!

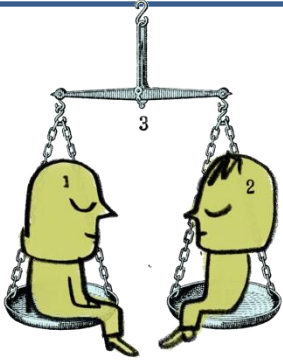


Unconditional Self-Acceptance (USA)

“I have worth, just as I am.”

“I am more than just my behavior.”

“I cannot change the past, but I can change my future.”



Unconditional Other-Acceptance (UOA)

“Other people don’t always act in ways that I prefer.”

“Other people have value, regardless of their flaws.”

“Other people are as worthy as I am, no more and no less.”



Unconditional Life -Acceptance (ULA)

“Life is full of ups and downs.”

“Life does not always treat me fairly.”

“I don’t have to like something in order to accept it.”