

# SELF-ACCEPTANCE TECHNIQUE

(Adapted from Roger Callahan's Thought Field Therapy)



## Purpose:

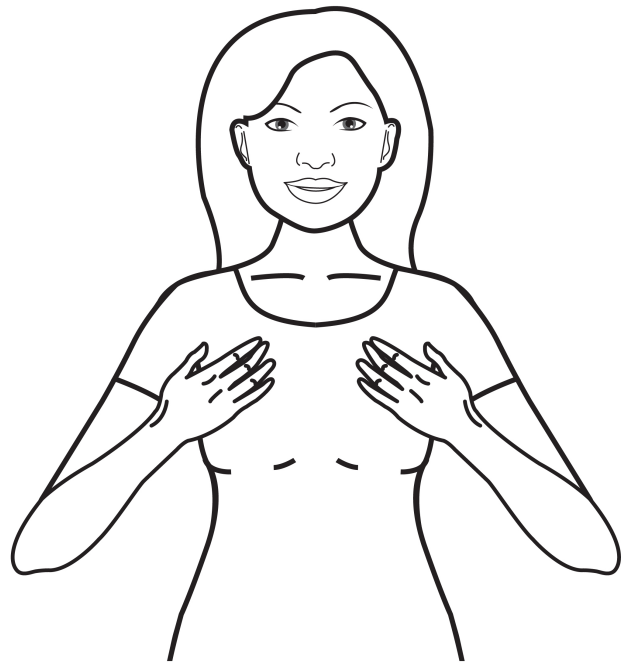
To release negativity, judgmental & critical thoughts, or hopeless feelings; to develop greater self-acceptance.

## Use when:

- After a shock, blow or trauma
- Feeling judgmental or self-critical
- Your self-confidence has been shaken

## Common experiences:

- Feeling more accepting
- Feeling the heart open
- Feeling more compassion for self and others



## Steps:

1. Repeat the statements below 3 times each while rubbing in small circles the Sore Spots. (From the middle of the collarbone - halfway between the midline and shoulder - go approximately 3 inches down.)
  - ***With all my faults, weaknesses, and limitations, I want to deeply and completely love and accept myself.***
  - ***With all my gifts, strengths, and ability to love, I want to deeply and completely love and accept myself.***
2. Take a deep, releasing breath and check in with yourself, then notice what's different.
3. Repeat throughout the day (and at least 8 times on really rough days!)

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