

Core Self-Acceptance BREAKTHROUGH



SELF-ACCEPTANCE ASSESSMENT

*"Self-Acceptance is not something we attain,
it is something we return to."
~Carmell Clark*

Rate where you are with 1 as lowest to 5 as highest.

Myself

- 1 2 3 4 5 I don't have any worry about or even any thought of what others will think about me.
- 1 2 3 4 5 I accept compliments with gratitude at being seen.
- 1 2 3 4 5 I am always deeply connected with others in the moment. It never occurs to me to wonder what they are thinking about me, or about how I look or sound.
- 1 2 3 4 5 I love to spend time alone with myself (not including electronics--TV, online, phone).
- 1 2 3 4 5 I easily go out to dinner, browse shops or galleries, or go to a production or cinema with just myself. I love my own company!
- 1 2 3 4 5 Spending time with myself is when I am most creative, the most inspired, and the most connected to life.
- 1 2 3 4 5 I feel totally accepting of myself emotionally naked.



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Others Close to Me

- 1 2 3 4 5 When a problem occurs in my closest relationship, I never feel fear, guilt or resentment. I just think there is a misunderstanding and we can solve it.
- 1 2 3 4 5 When I feel judgment or rejection from those close to me, it hurts but I easily return to myself with clarity and deep acceptance.
- 1 2 3 4 5 I know and feel naturally that I am equal to my partner/siblings/other family members. Regardless of whether we make the same money, have the same lifestyle, or have the same education, I feel naturally equal.
- 1 2 3 4 5 It is easy for me to be physically intimate with my partner in ways I feel awesome about.
- 1 2 3 4 5 It is easy for me to be emotionally intimate in positive empowered ways with those closest in my life.
- 1 2 3 4 5 I welcome time with those closest to me, and I make time for us to be together.



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Others - Not Close to Me

- 1 2 3 4 5 I am never afraid of being judged or rejected by those I work with.
- 1 2 3 4 5 I am never afraid of being judged or rejected by my friends or by my community.
- 1 2 3 4 5 If someone at work or in a friendship disagrees with me, I am curious to understand it but never feel like it's personal about me.
- 1 2 3 4 5 I easily take risks in new professional or public situations to be exactly myself and not worry about how I appear to others.
- 1 2 3 4 5 I easily meet new people and find warmth and friendship everywhere I turn.
- 1 2 3 4 5 It is easy for me to be emotionally intimate in positive empowered ways with those closest in my life.
- 1 2 3 4 5 I am able to see people who judge or reject me for who they are, from my heart. I feel that on some level we are connected.





Accepting My Body / "I love seeing myself!"

1 2 3 4 5 I love to see myself /my reflection.

1 2 3 4 5 I feel totally accepting of myself physically naked.

1 2 3 4 5 My weight has zero to do with how valuable I feel I am.

1 2 3 4 5 Comparing myself to the body shape or looks of others is something that never occurs to me.



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Spiritual Acceptance of Myself

- 1 2 3 4 5 (If you're a person of faith:) I believe I am accepted and acceptable right now as I am by God or a higher power.
- 1 2 3 4 5 I believe there is nothing I can do that will make me less loved or less worthy.
- 1 2 3 4 5 I am never afraid or worried of doing something wrong. I live according to my heart and I trust it completely to lead me.
- 1 2 3 4 5 When my choices cause problems, I easily own my accountability without feeling guilty, ashamed or obligated. Life is about living true to myself, not about having no mistakes!
- 1 2 3 4 5 When I find myself seeing someone else in a judgmental way, I smile and ask myself, "What is not feeling good inside of me?"
- 1 2 3 4 5 I am 100% good on not fixing problems or making everything OK for everyone else. I trust this path of life we are all on.
- 1 2 3 4 5 I believe that each person is the most powerful person in their own life, and I trust them to choose according to what they want to teach themselves.



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Money and Me

- 1 2 3 4 5 If money were a person, we would be best closest friends, sharing secret jokes and supporting each other in our dreams.
- 1 2 3 4 5 How much money I make or don't make has no place in how important and valuable I am.
- 1 2 3 4 5 I easily ask for what I want, financially and in pursuing my dreams.
- 1 2 3 4 5 I don't hesitate to spend money on myself for what is good, true, or important to me.
- 1 2 3 4 5 I don't hesitate to spend money on myself for important opportunities or things that seem like luxuries.
- 1 2 3 4 5 I manage my money accountably with great joy for all my abundance and blessings in life.



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Engaging Conflicts / Taking Risks in My Life

- 1 2 3 4 5 I do not feel obligated to others.
- 1 2 3 4 5 I easily hold my side in a disagreement without making the other person wrong. I believe we can find common ground.
- 1 2 3 4 5 Risk and taking risks is a part of life.
- 1 2 3 4 5 I push myself to take personal and professional risks in my life on a regular basis because it keeps me fully alive.
- 1 2 3 4 5 When I have internal conflicts, I spend time thinking, writing things out, objectively discussing if needed. I always choose to be true to myself at the end of the day.
- 1 2 3 4 5 I can take a risk and let go of the outcome.



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Owning my Voice

- 1 2 3 4 5 I speak up for myself or others who are not represented or who are being mistreated.
- 1 2 3 4 5 I voice my thoughts and opinions easily and with confidence with others.
- 1 2 3 4 5 My thoughts and opinions are taken seriously by others. Changes or progress often result.
- 1 2 3 4 5 I do not need to be right or understood. I can hear someone else without having to be heard by them, and still feel clear and good inside.
- 1 2 3 4 5 I set healthy boundaries for myself in my life. People generally treat me with respect and dignity, just as I treat them.



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My Dreams...

- 1 2 3 4 5 I have dreams inside of me and I hold them precious and sacred.
- 1 2 3 4 5 I don't hold back from going after what I want.
- 1 2 3 4 5 I believe I can have what I want--what my heart most desires.
- 1 2 3 4 5 I know exactly what my dreams are right now.
- 1 2 3 4 5 I spend time working on my dreams by taking concrete steps.
- 1 2 3 4 5 I have made some big dreams come true in my life.
- 1 2 3 4 5 I always support the dreams of others even when they achieve what I haven't yet. I have no doubt I will reach my own.

