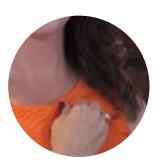
FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Self-Acceptance technique

ADAPTED FROM ROGER CALLAHAN AND DAVID GRUDER



WHEN TO USE IT

- Feeling really negative about many aspects of your life
- Dwelling on what's negative
- Feeling hopeless or suicidal

COMMON RESULTS

- Reverses your attitude to positive and life supporting
- Calms anxiety

STEPS

- Repeat the statements below 3 times each while rubbing the Sore Spots (where a gorilla thumps on the chest) with right hand on left side and left hard rubbing rights side so arms are crossed.
 - 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.
 - Take a deep, releasing breath and check in with yourself, then notice what's different; notice ways you feel more positive and able to take some positive action.
 - Repeat throughout the day at least 8 times on really rough days.



