



My Self-Acceptance Worksheet

Seven steps to stop putting yourself on trial: separate what you do from who you are, stop fighting what you can't change, and act from steadier ground.

01 The parts of me I find hard to accept

List the things about yourself you most wish were different. Traits, habits, mistakes, your body, your past. Just write them down plainly. You're not agreeing with them, you're seeing them.

1. _____
2. _____
3. _____
4. _____
5. _____

Right now, how much do I feel at war with myself?

1	2	3	4	5	6	7	8	9	10
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At peace

At war

02 'I did this' is not 'I am this'

Pick a few items from your list. On the left, write what you actually did or do. In the middle, the label you give yourself for it. On the right, what it doesn't prove about you as a whole person.

What I did or do

e.g. 'I snapped at a friend'

What I call myself for it

e.g. 'I'm a horrible person'

What it doesn't mean about me as a whole

e.g. 'I'm a person who snapped once, and cares enough to mind'

A fairer way to describe myself, behaviour and person kept apart:

03 What I can change, and what I can't

Take the things on your list one at a time. Some you can change, some you can only influence, and some you can't change at all. Be honest. Fighting the third kind wears you out, and giving up on the first kind costs you too.

The thing	Change, influence or accept?	What that looks like for me
From your list above	Pick one	A first step, or letting it be

04 The facts I keep fighting

Some things about you are simply true, whether you like them or not. Tick the areas where you notice yourself pushing against reality, then write what that fight is costing you.

- ☐ My body, my looks or my size.
- ☐ My past: things that happened, or things I did.
- ☐ My personality: being quiet, sensitive, intense, anxious.
- ☐ My feelings, such as getting sad, angry or scared more than I'd like.
- ☐ My limits: energy, health, ability or time.
- ☐ My family, background or where I come from.
- ☐ My age, or where I am in life compared with where I expected to be.

The fact I keep fighting

What fighting it costs me

Time, energy, sleep, relationships,
chances I skip

05 Acceptance statements I can actually believe

Skip the big affirmations. Write a few honest sentences you can say without wincing. For example: 'I'm a fallible human, like everyone else.' 'I don't like this about myself, and it's still part of me.' 'I made a mistake. I'm not a mistake.' Then rate how believable each one feels today.

My acceptance statement

How believable today? (0 to 10)

06 A small action from acceptance, not shame

Choose one thing from step 3 that you can change. Shame says 'fix yourself because you're not good enough'.

Acceptance says 'I'm okay as a person, and I'd like to do this better'. Write both versions, then pick a step small enough to do this week.

The shame version

How the harsh voice would put it

The acceptance version

Same goal, steadier reason

One small step I'll take this week, and when:

07 A week of noticing

Each evening, note one moment you judged or fought yourself, and what you did instead (or could have). Noticing is the practice. You don't have to get it right.

[illegible]

When you're done, a moment to reflect

- Which part of you have you been fighting the longest, and what has the fight actually changed?
- Whose voice first told you that you weren't acceptable as you are?
- What would you do differently tomorrow if you didn't have to earn the right to be yourself?
- Is there something you've been calling acceptance that is really giving up? What would real acceptance of it look like?
- What would you tell a friend who listed the same 'unacceptable' things about themselves?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.