

**MENTAL
HEALTH
SERIES
SESSION 3**



Self- Acceptance



Presented by Chris Guzniczak, LPC
Flower Mound Counseling

TODAY'S DISCUSSION

- Vulnerability: Burden or a Gift?
- What is Self-Acceptance?
- Cost Benefit Analysis (CBA) of not accepting self as you are





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LICENSED PROFESSIONAL COUNSELOR

EXPERIENCE

Partner and counselor at **Flower Mound Counseling**
Individual, Couples, & Groups

CERTIFICATIONS

TEAM CBT Level 3

Gottman Institute Level 2

First Responder Counseling, Professional Coaching, & Christian
Caregiver training



SELF-ACCEPTANCE

The role of your brain

- KEEPS YOU ALIVE
- LIKE A PROCESSOR
- INPUTS INFORMATION
- MEMORY, EMOTIONS, ACTIONS, SPEECH, LEARNING, MOTIVATION, REGULATION





“Staying vulnerable is a risk we have to take if we want to experience connection.”
- Brene Brown

**VULNERABILITY:
A BURDEN OR A GIFT?**

WHAT IS SELF-ACCEPTANCE?


the awareness of one's strengths and weaknesses, the realistic (yet subjective) appraisal of one's talents, capabilities, and general worth, and, feelings of satisfaction with one's self **despite deficiencies and regardless of past behaviors and choices.**



Accept
Yourself!

You yourself, as
much as anybody in
the entire universe,
deserve your love
and affection.

MAHATMA GANDHI



When the ego
dies,
the soul awakes.

WHAT IS SELF-ACCEPTANCE?

the awareness of one's strengths and weaknesses, the realistic (yet subjective) appraisal of one's talents, capabilities, and general worth, and, feelings of satisfaction with one's self **despite deficiencies and regardless of past behaviors and choices.**

Let go of who
you think you
are supposed to
be and be who
you are.

Brene Brown

You can't go back and change the
beginning, but you can start where
you are and change the ending.

C.S. Lewis



"God never gets tired of forgiving.
We get tired of asking for forgiveness."

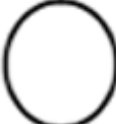

— Pope Francis

COST BENEFIT ANALYSIS

Cost Benefit Analysis of Self-Acceptance


- **Advantages** (reasons) to accept yourself as you are
- **Disadvantages** (reasons not) to accept yourself as you are

discover the reasons you do not want to accept yourself

Advantages	Disadvantages
	

COST BENEFIT ANALYSIS

Advantages	Disadvantages
	<p>I must be perfect / the best</p> <p>It's comfortable</p>




Cost Benefit Analysis of Self-Acceptance

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COST BENEFIT ANALYSIS

Advantages	Disadvantages
I am PERFECTLY UNIQUE My imperfections make me likeable	I must be perfect / the best It's comfortable




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COST BENEFIT ANALYSIS

Advantages	Disadvantages
I am PERFECTLY UNIQUE My imperfections make me likeable	I must be perfect / the best It's comfortable
<u>When I don't accept myself:</u> I can't be myself	



Cost Benefit Analysis of Self-Acceptance

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COST BENEFIT ANALYSIS

Advantages	Disadvantages
<p>I am PERFECTLY UNIQUE My imperfections make me likeable I can be real with friends Pretending is exhausting! It would feel good I can be happy as I am Self worth isn't earned</p>	<p>I must be perfect / the best It's comfortable It's my penance It reminds me what not to do I deserve it I need to fit in I was taught to value; money, power, success, independence I'm just not good enough I won't be happy unless I'm (smarter, thinner, prettier, better)</p>
<p><u>When I don't accept myself:</u> I can't be myself It's making me physically sick I can't enjoy other's success I don't feel joy I'm hurting myself / unhealthy coping I'm killing myself I feel hopeless</p>	

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discover the reasons you do not want to accept yourself

David Burns MD, from “The Feeling Good Handbook,” copyright 1989

Chris Guzniczak, LPC, feedback from individual clients, 2018-2024

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RESOURCES

