

## Chapter 1 : Self-Acceptance | The Self-Compassion Project

*The Self-Acceptance Project was created to offer you insights, practices, and strategies for living with a sense of your own fundamental worthiness. In this free video series, you'll hear from a wide variety of thinkers and teachers as they share their stories and wisdom about self-acceptance, including.*

What if you really are perfectly fine just as you are? Professor Kristin Neff of the University of Texas at Austin has devoted the bulk of her recent career to scientifically investigating the concepts of self-esteem versus self-acceptance. We improve our self-esteem by increasing the size of our breasts, getting a better grade at school, flying business class, wearing designer clothes, having less wrinkles, and so on it goes. After all, there will always be someone better than us—and there will always be someone worse, though we rarely stop to consider that! And that can make us feel very calm and secure indeed. But wait—do horrors await us? What if we become a bunch of self-satisfied complacent fatties forever doomed to binge-watching Netflix whilst munching food purchased under the Golden Arches? Or worse, what if people believe that it is okay to behave in unethical ways in the name of embracing their darker sides? Interestingly, this outcome is completely unsupported by the research. This is obviously far preferable to flat-out denying problems, as people who come from a self-esteem based perspective are likely to do. From weight loss to sports performance to people with schizophrenia managing psychotic symptoms, self-acceptance and its close cousin, self-compassion are showing great outcomes. My client Rose was stunned when I floated the idea that she may be completely wonderful just as-is. The product of emotionally abusive parents and a narcissistic husband, she had been told her whole life that it was her fault if someone was critical or aggressive with her. So Rose set out on a lifelong journey to perfect herself. This was not ego-based, not at all. It was because she yearned to milk a little human kindness from the people in her life. And yet many of us can relate. As you have probably already guessed, there is absolutely nothing wrong with Rose. She is an accomplished, hard working, funny, multi-talented, kind person with whom I always enjoy spending working. Of course, it is true that part of the reason she has such a diversity of interests and has attained some heady heights is because it was part of her quest to become acceptable to others. However, the never-ending search has ultimately failed to be successful, since Rose has continued to be abused, and therefore to secretly believe that she is unacceptably defective. The take home message is that we will never, ever become acceptable to those with an abusive nature. How else after all can they feel superior to you? Roll Elle MacPherson, Mother Teresa, and Richard Branson into one super-human and an abusive person will find a way to illustrate that the person is unattractive, unsuccessful and a bully. It dawned on Rose that she had danced to the tune of these abusive people her whole life, and would continue to do so until she threw down her self-improvement tools and did one simple yet super-difficult thing: She had no terrible dark side. She had a tendency to be sloppy and indecisive. Hardly something to be tormented and abused about. She does not steal, set fire to schools, or abuse children. She is merely human. Maintaining a tongue-in-cheek approach to the non-toxic faults humanity can help us to appreciate the unique quirkiness of each of us. I personally find this so much more loveable than bland perfection. We can learn to accept good-naturedly that our beloved partner who is such a wonderful father and good provider is also useless in the kitchen and far from a snappy dresser. And we can do this while also refusing to accept outright abuse. What if we all stop trying to be better than each other and stop instead to look at the beauty of ourselves, as well as the good hearts and good intentions around us? The research would suggest that we would be much happier, and way more effective at life itself. We would also be more willing to engage with one another rather than compete, and perhaps the modern lurgy of loneliness would be slowly strangled. What a sweet thought! I believe that you will find it 19 minutes well spent.

## Chapter 2 : The Self-Acceptance Project - Sunshine Psychology

*The Self-Acceptance Project was created to help us find a solution. In this collection of essays Even after years of spiritual practice, self-improvement, or therapy, many of us still have trouble with one essential challenge: self-acceptance.*

We have brought together 3 excerpts which speak with contemporary luminaries in spirituality, psychology, and creativity to learn how we can truly embrace who we are. Is there a solution? Read The Self-Acceptance Project to find out. The Self-Acceptance Project was created to offer you insights, practices, and strategies for living with a sense of your own fundamental worthiness. The below testimonials section upon publishing will be turned into a slider. This bar will not display upon publishing. Customer Reviews from the Self-Acceptance Project The Self-Acceptance Project is to me a unique, multifaceted, very helpful approach to the "next, big step" on the path of development. It seems a parallel path with self-forgiveness. This course is so beautiful. It is simply food for my heart. I was labeled with "social anxiety disorder" a few years ago. After watching this program, I label my condition as social sensitivity opportunity. I feel like anyone who feels down on them self for being too prideful, depressed, anxious, fat, skinny, angry, and abused, would benefit immensely from learning how to be with their intense feelings in a caring and kind way. May everyone who watches this program take away unparalleled benefits, and may each and every person make the love of all of their parts perfect. Review by Tyler Richlie I am writing to thank you sincerely for not only doing The Self-Acceptance Project but also doing it with such style. However as it turned out, each one was different and offered something valuable. You have indeed done a great service to your listeners by keeping it nice and tight, to say nothing of the excellent subject matter and content each time. Review by SM Thank you so much for doing this series, and for making it available without cost. I am finding it very valuable and enjoyable, and I am very grateful to you for offering it. I am a psychotherapist, and so my clients are benefiting from this also. I think the things I have learned from these teachers have helped shine a bright light on my own personal path I love the whole Sounds True Organization, I am deeply grateful to all that you have offered Thank you so very much, with love in my heart. Our vision is to inspire, support, and serve personal transformation and spiritual awakening.

## Chapter 3 : Sounds True - The Self-Acceptance Project

*The Self-Acceptance Project was created to help us find a solution. In this collection of essays, contemporary luminaries in spirituality, psychology, and creativity offer insights and teachings for truly embracing who we are no matter what our circumstances, including.*

## Chapter 4 : The Diversity Acceptance Project | Diversity Acceptance via Self Acceptance

*This project features 22 different Sounds True authors and teachers in conversation with Sounds True founder Tami Simon on the subject of self-acceptance, which Simon has found to be one of the most difficult areas in spiritual life.*

## Chapter 5 : The Self-Acceptance Project | Association for Contextual Behavioral Science

*The Self-Acceptance Project. 44 likes · 1 talking about this. Hi! I am Hannah - a self-proclaimed perfectionist and over-achiever. I am using this this.*

## Chapter 6 : The Self-Acceptance Project

*The Self-Acceptance Project Finding Our Sense of Fundamental Worthiness. I highly recommend this free twelve week video event series from Sounds True, beginning on March 4,*

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### Chapter 7 : Sounds True - The Practice of Mindfulness, Meditation Music, The Self-Acceptance Project

*Printer-friendly version. In this free online video event series, Tami Simon speaks with several contemporary luminaries in the fields of spirituality, psychology, and creativity.*

### Chapter 8 : The Self-Acceptance Project by Brene Brown on Free Audio Download

*The Self-Acceptance Project was created to offer you insights, practices, and strategies for living with a sense of your own fundamental worthiness. A therapist from Eddins Counseling Group can help you take the practice to a deeper level of self-acceptance.*

### Chapter 9 : The Self-Acceptance Project on Vimeo

*The Family Acceptance Project is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness and HIV - in the context of their families, cultures and faith communities.*