



Sabine Beecher Social Worker (Syd.Uni.)

Consultant in Self esteem, Self Acceptance, Stress minimisation,
Positive Communication, Relationships, Couple-closeness

4 Paradise Avenue
Chatswood NSW 2069
Tel (02) 9419 6366
E-mail: sabeecher@netspace.net.au

Member Aust Assn of Social Workers and Aust Assn of Marriage & Family Counsellors
Author of *Happiness—It's Up To You ! Easy Steps to Self Acceptance and Good Relationships* (Boolarong Press)

The Self Acceptance Skills Method

“Simple, Practical Self Acceptance Skills for Strength & Resilience”

[how to ‘Be Yourself’]

Why is Self Acceptance preferable to self esteem?

‘Self esteem’ makes us **vulnerable** to what others think and to **peer pressure**.
Self acceptance is **self-empowering**. It makes us **self-reliant** and **independent** of what others think, releases our own strength, confidence and resilience, judgement and capacity to handle situations calmly and assertively.

1. Change self labels into facts

Self labels cause depression and anxiety

Self labels are not **facts**

All self labels – **good** and **bad** – destroy confidence

detect **hidden** self labels

recognise self labels by how they **feel**

‘you’re so **sensitive**’ and ‘don’t take it **personally**’

replace self labels with **facts**

replace **others’** labels – what are the facts?

Instead of labelling **others**, stick to the facts

2. Accept yourself – unconditionally !

3. Expect what you’re likely to get, keep stress away

Unrealistic expectations [‘Shoulds’] cause frustration, anger, pressure – **stress !**

detect **hidden** ‘Shoulds’

recognise Shoulds by how they **feel**

defuse your Shoulds for stress to **go**

4. Have children/youth give themselves **their own encouragement**

5. Have children/youth give themselves **their own praise**

6. **Six Steps** to dissolve negative feelings **directly at the source**

eg. rejected and criticised, jealous and angry, hurt and guilty,

anxious, worthless and depressed

prevent & dissolve anxiety and depression caused by Shoulds & Self labels

7. **You’re** in control of your feelings now – **no blaming yourself or others !**

8. **Self-thinking** – your balance between selfless and selfish thinking

9. Make time every day (!) to **recharge** your emotional resources

Relevance for **self care** – prevent burn-out

Text: *Happiness - It's Up To You .. easy steps to Self Acceptance and Good Relationships*

by Sabine Beecher (Boolarong Press) \$24.95

www.logicalhappiness.com.au

Available for Workshops and Consultation