

Unconditional Self-Acceptance (USA)



Unconditional self-acceptance is the idea that you have worth, just as you are. This explains what separates you from your unhealthy behaviours that you want to get rid of. This is exactly why SMART Recovery does not use labels, labels are harming and damaging to ourselves and our self-acceptance. We do not need to create a negative self-image in our mind.

You may find that accepting yourself is difficult. You may have caused yourself and others harm and pain. You can forgive yourself and those that love you will also forgive you in spite of your past unhealthy behaviours.

Be patient and be kind to yourself. Be honest to yourself about what you have done in the past but do not live in the past. The focus should be on the present and creating a new you for the future.

Comparing yourself to others is of no value. Be realistic in who you want to be today and going forward. It's what you do now that counts the most.

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