

Acknowledging & Accepting Positive Qualities

Self-esteem can be cultivated by acknowledging what is presently “right” about one’s self. For many, this is difficult because habits of negative thinking make it easier to identify what’s wrong. Although there is a time and a benefit to acknowledging shortcomings and weaknesses, when this becomes the dominant focus – to the exclusion of strengths – self-esteem suffers.

This exercise is practice in acknowledging and reinforcing strengths with appreciation. Doing this is a way of loving yourself. Place a check if you sometimes are, or have been, reasonably:

<input type="checkbox"/>	clean, neat	<input type="checkbox"/>	appreciative, thankful
<input type="checkbox"/>	handy	<input type="checkbox"/>	respectful, polite
<input type="checkbox"/>	resourceful	<input type="checkbox"/>	responsive to beauty or nature
<input type="checkbox"/>	punctual	<input type="checkbox"/>	principled, ethical
<input type="checkbox"/>	confident	<input type="checkbox"/>	understanding, empathetic
<input type="checkbox"/>	enthusiastic	<input type="checkbox"/>	responsible
<input type="checkbox"/>	optimistic, hopeful	<input type="checkbox"/>	organized
<input type="checkbox"/>	funny, witty	<input type="checkbox"/>	genuine, sincere
<input type="checkbox"/>	friendly, likeable	<input type="checkbox"/>	encouraging, complimentary
<input type="checkbox"/>	gentle	<input type="checkbox"/>	mature
<input type="checkbox"/>	loyal, committed	<input type="checkbox"/>	well-groomed
<input type="checkbox"/>	trustworthy	<input type="checkbox"/>	healthy
<input type="checkbox"/>	careful	<input type="checkbox"/>	intelligent, perceptive
<input type="checkbox"/>	loving, affectionate	<input type="checkbox"/>	cooperative
<input type="checkbox"/>	strong, brave	<input type="checkbox"/>	honest
<input type="checkbox"/>	determined, motivated	<input type="checkbox"/>	intuitive, trusting of own instincts
<input type="checkbox"/>	patient	<input type="checkbox"/>	successful
<input type="checkbox"/>	rational, reasonable	<input type="checkbox"/>	open-minded
<input type="checkbox"/>	Independent	<input type="checkbox"/>	nurturing
<input type="checkbox"/>	creative, imaginative	<input type="checkbox"/>	spontaneous
<input type="checkbox"/>	kind, compassionate	<input type="checkbox"/>	flexible, adaptable
<input type="checkbox"/>	disciplined	<input type="checkbox"/>	energetic, active
<input type="checkbox"/>	assertive	<input type="checkbox"/>	expressive
<input type="checkbox"/>	talented	<input type="checkbox"/>	curious
<input type="checkbox"/>	cheerful, happy	<input type="checkbox"/>	capable, competent
<input type="checkbox"/>	considerate, thoughtful	<input type="checkbox"/>	adventurous, playful
<input type="checkbox"/>	generous	<input type="checkbox"/>	forgiving, looks beyond mistakes/shortcomings
<input type="checkbox"/>	tolerant, accepting	<input type="checkbox"/>	non-judgmental
<input type="checkbox"/>	ambitious	<input type="checkbox"/>	productive
<input type="checkbox"/>	calm	<input type="checkbox"/>	trusting
<input type="checkbox"/>	reliable	<input type="checkbox"/>	able to see the best in others

Now check the words that describe what you are sometimes reasonably good at:

- socializer
- listener
- cook
- athlete
- cleaner
- worker
- friend
- musician, singer
- leader
- sharer
- learner

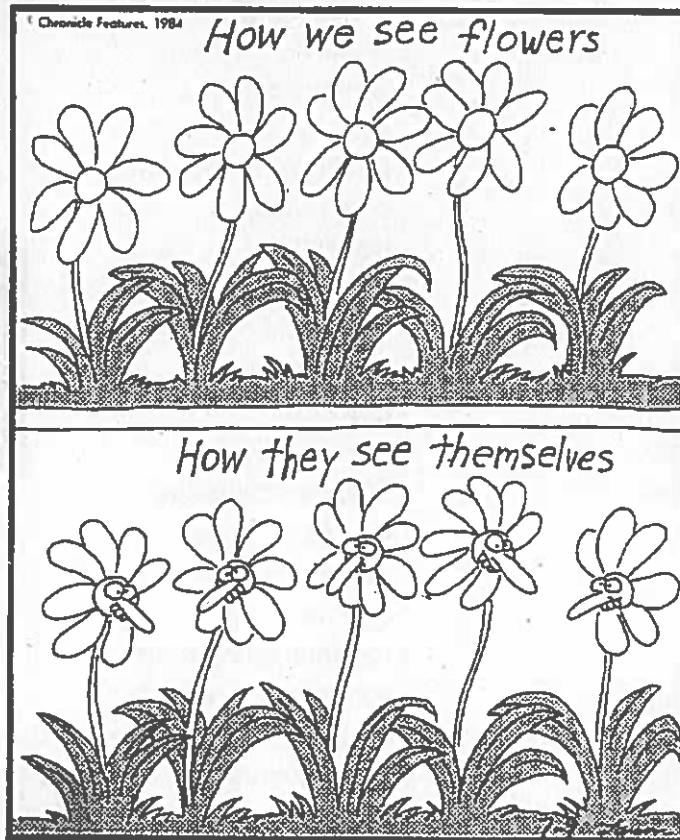
- decision maker
- teacher, coach
- caregiver
- supporter, helper
- planner
- follower
- mistake corrector
- achiever
- debater
- mediator
- story/joke teller

- writer
- thinker
- talker
- requester
- taker of criticism
- risk taker
- enjoyer of hobbies
- financial manager, budgeter
- family member
- example setter
- artist, crafter

Perfection was not required to check these items, since nobody does any of these all the time or perfectly. However, if you checked a few of these and have managed to maintain reasonable sanity in a very complex world, give yourself a pat on the back!

THE FAR SIDE ©1984 FARWORKS, INC. Used by permission. All rights reserved.

THE FAR SIDE By GARY LARSON



Liberty Lane Outreach. Adapted from *The Self-Esteem Workbook* (Schiraldi, 2001).