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# Kindred Spirit Café

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SPIRITUAL CHATS

# Self- Acceptance

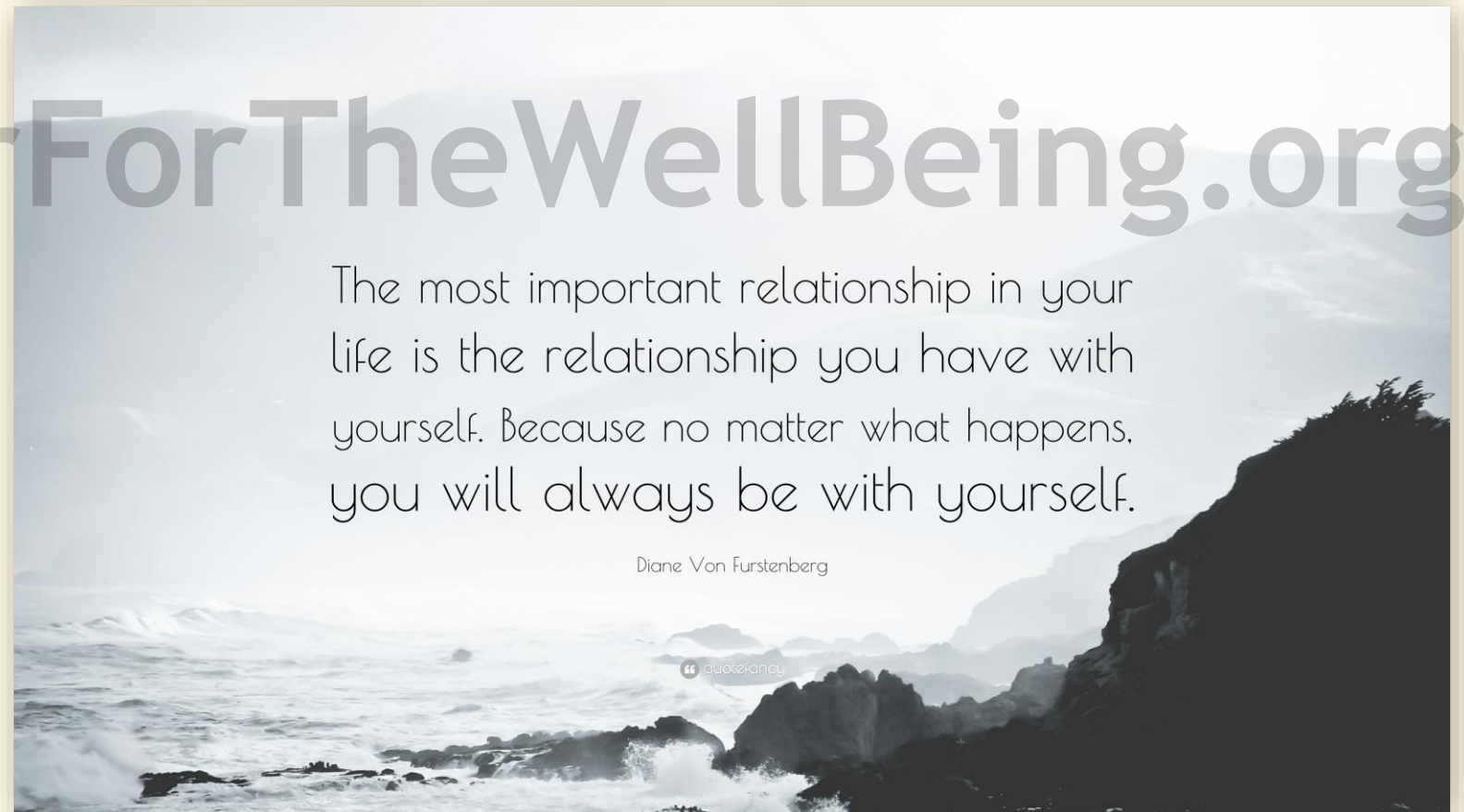
Embracing  
yourself as you are

***self acceptance (noun)***

the ability to love yourself unconditionally, no matter what flaws and traits exist

If you don't get along with yourself, you won't be able to get along with anyone else.

It will affect every single relationship, including the relationship with the Divine.



The most important relationship in your life is the relationship you have with yourself. Because no matter what happens, you will always be with yourself.

Diane Von Furstenberg

In our natural state,  
we are connected  
to ourselves  
and to the Divine

What happens along the  
way to change that?



# Why don't we believe we are enough?

## **SOCIAL CONDITIONING**

We are constantly bombarded by what others say about how we should think, act, do, feel, look, everything...

## **HABITS OF SELF-TALK**

We start to talk with ourselves when we are very young about how we are "supposed to" be, how to behave, to learn, how we are supposed to love, how to think

## **LACK OF EXPOSURE TO HEALTHY SPIRITUALITY**

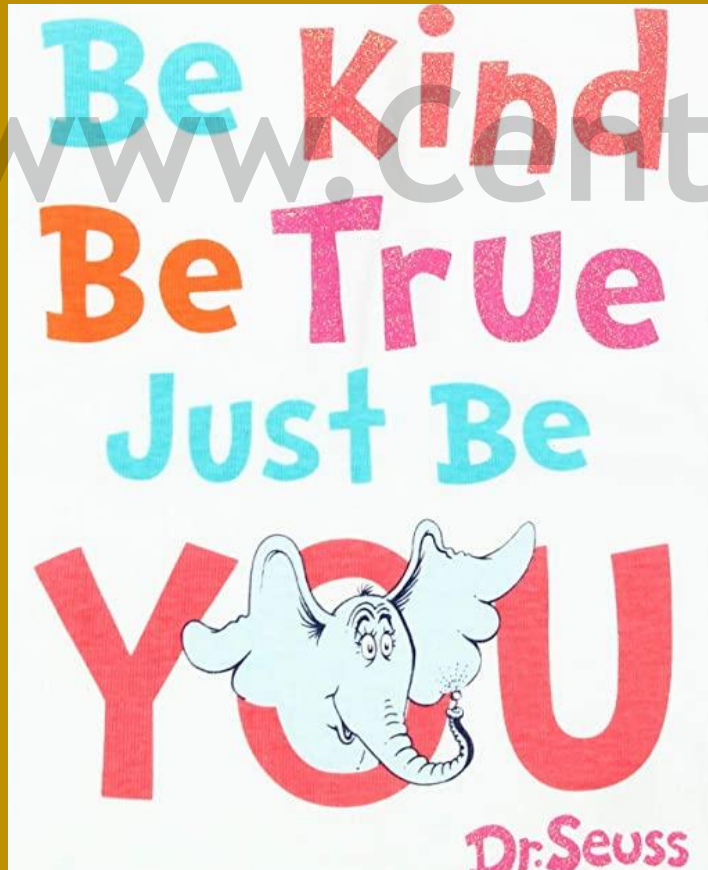
- Maybe we haven't been exposed to healthy spirituality as children or adults
- We may have a limited understanding of spirituality versus religion
- We may have felt judged when participating in organized religion/spiritual groups
- Maybe we simply don't know where to start

## **BLACKSHEEP OF THE FAMILY SYNDROME**

- Sometimes the people closest to us, can't see who we really are
- Maybe they don't celebrate us or validate us - that's not really about us
- Don't spend your life trying to get something from them that they cannot give - let it go

Remember  
who you are!

You were perfectly created  
for your purpose  
...on purpose



# Stand your ground. It's sacred!

## RECOGNIZE YOUR VALUE

- Value is not based on what you do, what your income is, or who you know
- Those things can change and when they do, can affect how you value yourself

## YOU DON'T HAVE TO PROVE YOURSELF TO ANYONE

- How someone treats you does not change your value
- What they say about you or do to you, does not lessen who you are or your worth
- Once we understand that, we can see that a layer of pressure is removed

## BE SECURE WITH WHO YOU ARE

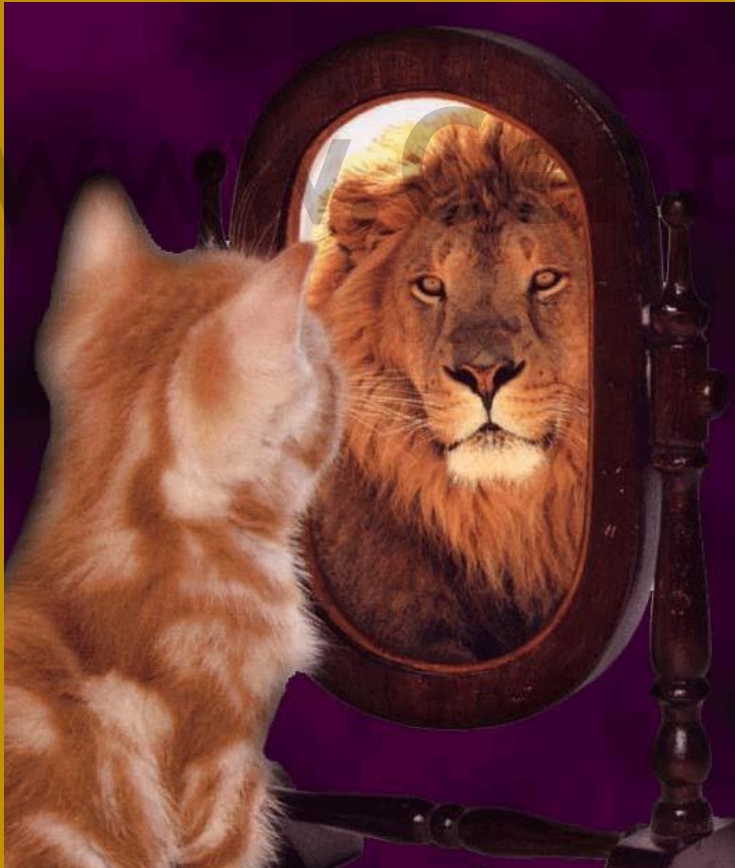
- Don't give away your power
- Don't put your identity or value into someone else's hands
- If you don't know who you are without other people, then if they leave, you'll be lost - they will take you with them

## ACCEPT THAT YOU ARE A WORK IN PROGRESS

- Start to look at the good things about you and what you are doing
- Focus on what is RIGHT with you
- Embrace all of you...including your weaknesses
- Accept that you are growing and changing; nothing lasting happens overnight
- When you are FOR yourself, you are no longer against yourself
- Be in agreement with the Divine

# Be uniquely YOU

What matters most is  
how WE see ourselves



## BECOME EVERYTHING YOU WERE CREATED TO BE

Embrace the gifts you were born with,  
the skills you have developed, the  
lessons you have learned.

These have all come together to form  
you into the unique and special person  
that you are.

I am grateful for  
everything I have,  
everything I know,  
everything I am.



Today you are

**YOU,**

that is truer  
than **true.**

there is no one alive

who is **Youer**  
than **You.**

-Dr. Seuss



# Self-Acceptance: Embracing yourself as you are

Have you struggled  
with self-acceptance?

What helps you during  
these times?

How do you connect  
with the Divine?



# THANK YOU FOR COMING

## JOIN US NEXT TIME

...at the Kindred Spirit Café



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