

Self-acceptance

READING

LEVEL
Intermediate

NUMBER
B1_3066R_EN

LANGUAGE
English





Goals

- Can read, understand, and recall facts from a text about self-acceptance.
- Can express straightforward ideas and opinions related to self-acceptance.



Have you ever thought that **self-acceptance** was the most important thing in life?

It turns out that it is linked to **happiness**.

Let's read about it!



Words of beauty

freckles

feature

scar

in your
twenties



disability

elder

vision
impaired

bald



Words of beauty



The statue's **features** were very memorable.

I have been **visually impaired** since I was 14 years of age.



I have always had a **disability**, but I don't see myself as being disabled.

Being **bald** is sometimes a challenge because in winter I always have to wear a hat.





Words of beauty



Everyone should have fun **in their twenties** before they have to be too responsible.

I like my **scars** because they give my body character.



My **elder** brother lives in Australia with his new girlfriend.

I have too many **freckles** because I spend every day in summer out in the sun.

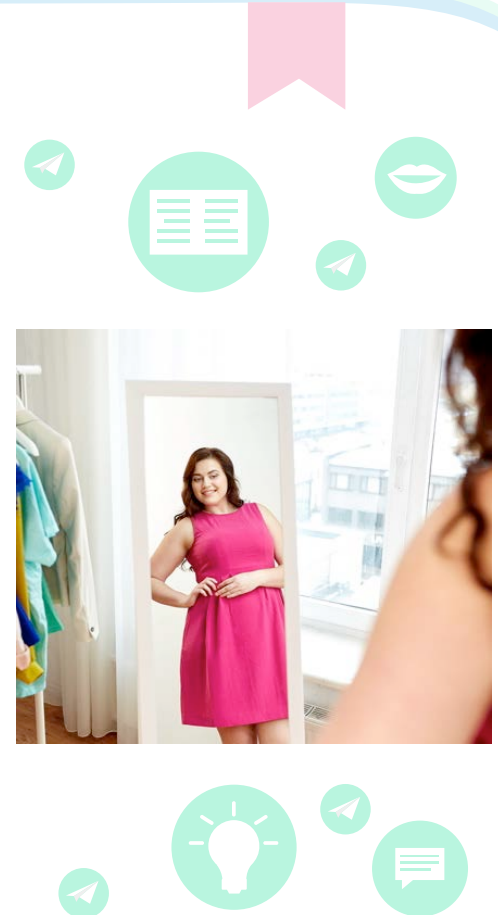




Self-acceptance: New Age motto or the key to being beautiful?

Is **self-acceptance** just another **unachievable New Age motto**? Something we tell ourselves whilst doing yoga, but that only ever **runs skin deep**? Self-acceptance might be **achievable** on the outside, but after some time alone in front of the mirror all that negative thinking quickly returns. Is self-acceptance just something **psychologists** and **therapists** tell their clients to **motivate** them or is it actually possible to achieve?

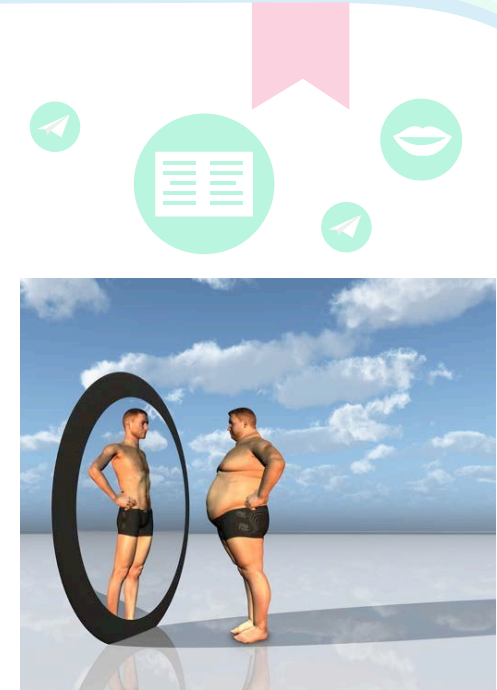
In this article, we are going to try and get a **clearer** picture of what we mean by self-acceptance and talk to some people who identify as self-accepting. So let's leave the mirror behind for the next hour and see if our **reflection** looks any different – any better – when we return.





Self-acceptance: New Age motto or the key to being beautiful?

What is self-acceptance? According to psychologists, whilst self-acceptance has some things in common with **self-esteem**, it is a little bit different. Self-esteem is linked to value and to how **valuable** we think we are. Self-acceptance, on the other hand, is more **holistic**. When we are self-accepting we **unconditionally** accept who we are, including the good parts and the bad parts.



Mirror, mirror on the wall...



Self-acceptance: New Age motto or the key to being beautiful?

Self-acceptance means accepting those parts of ourselves that we wouldn't put on our **CV**: our **jealous** nature, our **habit** of drinking too much, and our **ability** to lose our **temper** at short notice. The self-accepting person accepts themselves **wholeheartedly**; they acknowledge the less **admirable** parts of themselves. A self-accepting person knows that they are not **perfect** and that given time there are things about themselves that they might actually want to change.



Self-acceptance: New Age motto or the key to being beautiful?

Psychologists argue that self-acceptance is really important to improving self-esteem. When a person **accepts** who they are, they can be honest about their good **traits** and about areas in their life where they could improve. Self-esteem suffers when people **judge** themselves or feel judged by others. The self-accepting person doesn't judge themselves in order to find **faults**. Rather, they accept who they are, and in this **acceptance** they are more able to positively work through the more **challenging** parts of their personality in order to improve their self-esteem. In other words, the self-accepting person comes to like themselves, which is in turn linked to becoming more **likeable**.



Match the pictures to the text

1. New Age

2. unconditional

3. proportion

4. admirable

5. traits

6. negative self-talk

A



C



E



B



D



F





What is self-acceptance?

Based on your own understanding of self-acceptance, use any of the words below to express what you think it means in two or three sentences. Share your sentences with your classmates or teacher. Do you have similar ideas?



negative self-talk

holistic

whole-heartedly

liking oneself

New Age motto

self-esteem

admirable parts

challenging

unconditional

self-help

faults

therapist

honesty

psychologist

positive traits

negative traits



Questions from the text: discuss

What's the difference between self-acceptance and self-judgement?



Do you agree that self-esteem and self-acceptance are two different things?



Self-acceptance: New Age motto or the key to being beautiful?

If self-acceptance is just about accepting who we are, why do so many people **struggle** to accept themselves? Some therapists argue that negative **self-perceptions** develop throughout our lives and are **reinforced** by the **judgements** of others. When children are judged by their parents more than they are shown **love and affection**, the consequences can be lifelong. This is because children younger than 8 years of age do not have an **independent** sense of self. Rather, their sense of who they are is **connected** to what is **reflected on them** by the **actions** of their parents.





Self-acceptance: New Age motto or the key to being beautiful?

Often people come to think that they are bad at certain subjects at school, for example, because a teacher told them so, even though the **truth** is probably very different. Our early experiences of love, **positive reinforcement**, and **criticism**, and our **reactions** to these, **shape our personalities** in ways that are difficult to understand and change in adulthood.



Self-acceptance: New Age motto or the key to being beautiful?

To overcome childhood **scars** and other negative experiences that have led us to **judge** ourselves more than we accept ourselves, therapists argue that we must accept our **failings**. Coming to self-acceptance therefore means coming to accept our individual **traits**. It also means accepting **actions** we would not do again as either the best thing we could have done or at least something that we have learnt from. This does not mean **avoiding responsibility** when we have done things that are wrong or that have hurt other people, but rather that we are able to understand ourselves better by **taking an honest look** at ourselves and the things that have led us to do something that we are either **proud** or **ashamed** of. Psychologists argue that **overcoming** deep feelings of **shame** and **guilt** are very important to self-acceptance.



It just wasn't the right thing for me!



Self-acceptance: New Age motto or the key to being beautiful?

The key to becoming self-accepting is not being a **perfectionist**. No one is perfect and that is what makes us human. Often the happiest people are those who find ways to celebrate **imperfections** rather than seeing them as something that should be **fixed** straight away. Happy people look on the **brighter side** of life not because that's all there is to see, but because seeing it gives them the personal resources to address the more challenging parts of life. Self-acceptance is therefore linked to the ability to **empathise** with others by accepting them for who they are.



Match some of the bolded words and phrases from the text on pages 14-17 with their synonyms

1. _____	2. _____	3. _____
strengthen	4. _____	self-determining
support	appraisal	autonomous
5. _____	evaluation	separate
show understanding	critique	free-standing



The key to being self-accepting is not being a perfectionist.

**Fill in the blank boxes with bolded words from the text.
What words have a similar meaning to the ones already listed in the table? Are there any words from the text that you don't understand?**



Fill in the gap with bolded words from the text

Using the bolded words from the text, fill in the gaps. You can use more than one word twice as long as the text makes sense. Check your answers with your classmates and teacher.

I've always been a _____. I remember learning how to colour in when I was four years old. I was obsessed with making sure the colours stayed within the lines. As I got older, this _____ just naturally transferred across to how I viewed what I saw as my _____ and other people's _____ of me. I have a hearing impairment and I had to repeat a year of School. I was so _____, but I could not hear much of what was being said. Looking back, I think I just took every setback as a personal failing and I never received much positive feedback to change this cycle of _____, _____, and then lots of _____. It wasn't until I met my husband that things changed. He has always shown me so much _____ and _____ and given me lots of _____. Through his _____ love, I've come to accept myself _____ and I no longer feel ashamed about my disability. It's something unique about me and I am _____ that I've got to where I have despite all the challenges I've had along the way.





Your views on self-acceptance

Do you think self-acceptance is easy or hard to achieve?



Do you think self-acceptance is linked to empathy?



Stories of self-acceptance and self-doubt

Sally, 19.

Well, I suppose I've always lived in a family that has accepted me and **believed in** me. I haven't always lived up to that, I'll admit, but I have always followed my **passions**. I started my own theatre company when I was 17 and that gave me a lot of **confidence**, especially since I got so much positive feedback. Maybe it is easier for **extroverted** people to be self-accepting because we are always asking others for their **opinion!** And if you project this image of yourself, people **reflect** it back to you. Sometimes I have **self-doubts**, but when that happens I just listen to music and that always makes the world a better place.



Just go for it, says Sally.

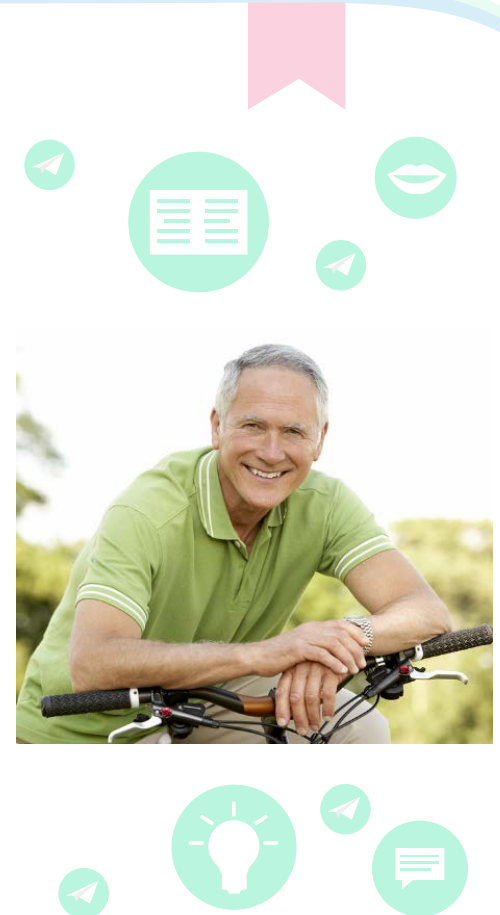


Stories of self-acceptance and self-doubt

Angelo, 76

I've seen a lot of things in my life! I spent most of my childhood being raised in an **orphanage**. My experiences growing up there were good. I always had lots of **company** and I couldn't really **disappoint** anyone except myself, so I developed a **thick skin**. I've made lots of **mistakes** in my life, but I married the right person, so I think it all worked out quite well. If I could live my life again, I'd probably travel more.

In my professional life, I never **suffered** from a **lack of** confidence. Sometimes my wife says I am a bit stubborn and I could show a bit more affection towards the grandchildren, and I can't disagree with that. We weren't taught to express our emotions like children are today.





Writing about self-acceptance and self-doubt

**Which story do you find the most interesting and why?
What kinds of things help a person become self-accepting?
Write a couple of sentences and then share them with your teacher.**

Self-acceptance is natural for extroverts...

We all face challenges; it's just a matter of how we overcome them.



A vertical sheet of white paper with a blue binding edge on the left and horizontal lines for writing.



Talking about self-acceptance and self-doubt

Based on the stories you have read, discuss these questions with your classmates and or your teacher.



1

Have you gone through a process of **self-acceptance** at some point in your life?

2

Do you think most people think about **self-acceptance** as an important part of being happy?

3

Do you think having **self-doubts** can be a good thing?
Or does **self-doubt** just lead to low **self-esteem**?



What do you think?

Self-acceptance: New Age motto or the key to being beautiful?

It's not just a
New Age
thing...

It's difficult to
accept oneself,
but I think it
makes people
more attractive.

I don't know
what I think. It's
a challenging
topic.

I think people
from all walks
of life can be
interested in
this idea.

It's my new
motto!



Dictogloss

Your teacher is going to read to you.
Write down what you hear them say.



abc



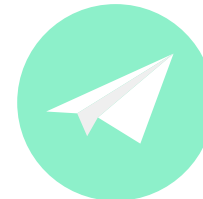


Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

no





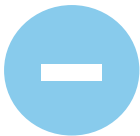
Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?









If you have time, go over
the most difficult slides again





Answer key

Activity 11: 1A; 2F; 3C; 4E; 5B; 6D

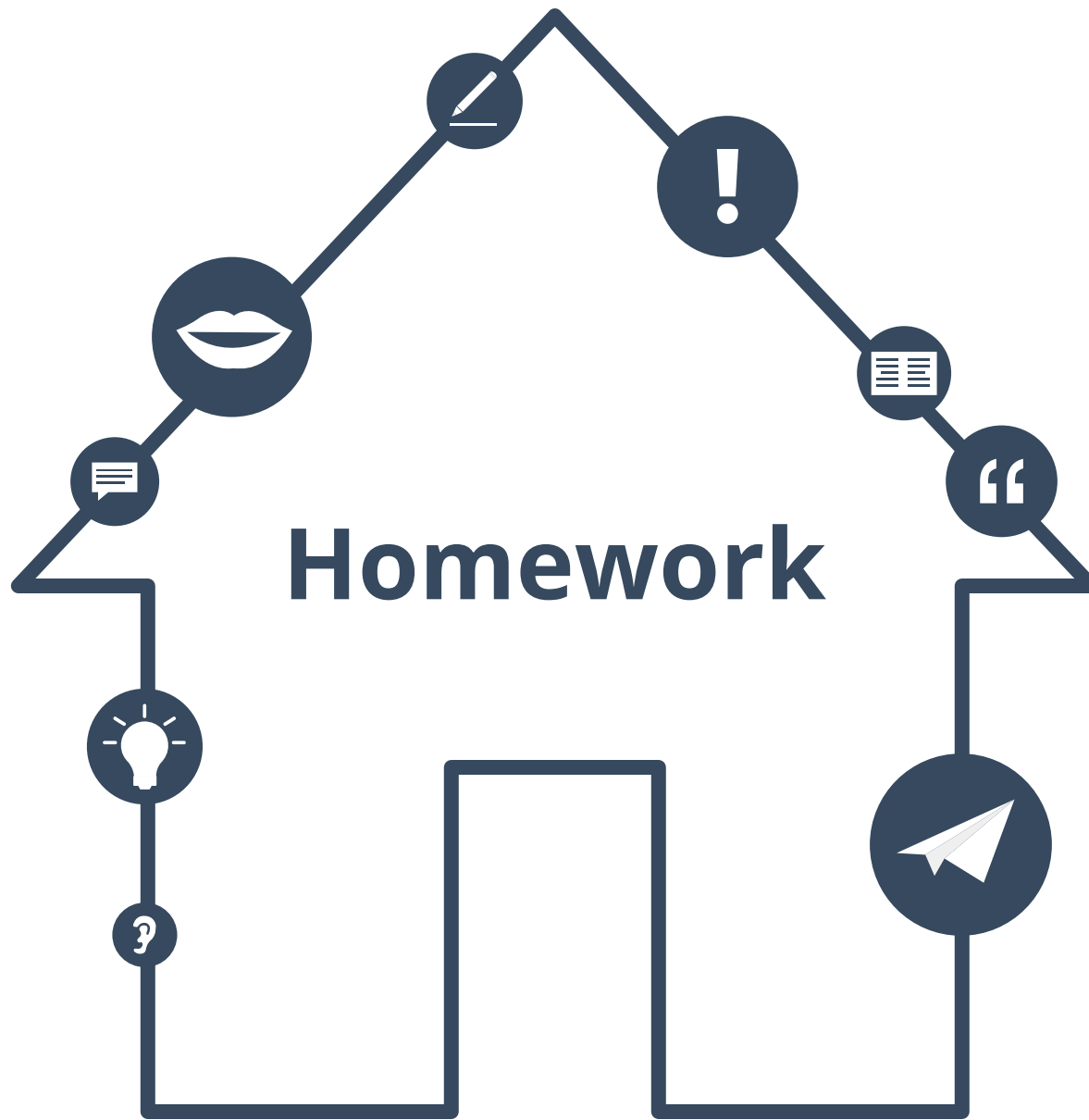
Activity 18: 1. (positive) reinforcement 2. judgement/criticism 3. independent, 4. judgement/criticism 5. empathise

Activity 19: perfectionist, trait, failings, judgements, ashamed, judgement, criticism, negative self-talk, love and affection, positive reinforcement, unconditional, wholeheartedly, proud.



Transcription

Psychologists argue that self-acceptance is really important to improving self-esteem. When a person **accepts** who they are, they can be honest about their good **traits** and about areas in their life where they could improve. Self-esteem suffers when people **judge** themselves or feel judged by others. The self-accepting person doesn't judge themselves in order to find **faults**. Rather, they accept who they are, and in this **acceptance** they are more able to positively work through the more **challenging** parts of their personality in order to improve their self-esteem. In other words, the self-accepting person comes to like themselves, which is in turn linked to becoming more **likeable**.





Self-acceptance or self-esteem? Some words may go in either list, so categorise them based on your understanding of this lesson. What other words would you add to these lists?

Self-acceptance	Self-esteem
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____

taking an honest look at one's self

only valuing the good parts of oneself

unconditionally liking oneself

only responding to positive feedback and ignoring everything else

accepting the parts of oneself that are challenging

only thinking positively about oneself

taking responsibility for oneself

being happy

receiving love and affection and giving it to others

empathising with others

