

Go through the list below and identify areas where you could improve your thinking or acting habits.

LOW SELF-ESTEEM	SELF-ACCEPTANCE– Middle Way	HIGH SELF-ESTEEM
Simple negative view of self & simple positive view of others	Complex (positive, negative, and neutral) view of self & others	Simple positive view of self & simple negative view of others
Thinks “I’m not OK, you’re OK” or “I’m not OK, you’re not OK”	Thinks “ I’m OK, you’re OK, but our actions can be good, bad, or neutral”	Thinks “ I’m OK, you’re not OK”
Past oriented: “ I’m not OK because of [usually overestimated failure of the past] ”	Present moment oriented: “ I’m OK here and now “	Future oriented: “ I will be ok when I accomplish [usually something huge, i.e. ‘earn my first million’] ”
Sense of Inferiority	Having a view that all people have good and bad aspects	Sense of Superiority
Depreciates Self when facing rejection or criticism	Unconditionally Accepts Self and Others when rejected or criticized	Depreciates Others when facing rejection or criticism
Unrealistic negative view of achievements & qualities	Realistic assessment of achievements & qualities and failures & faults	Unrealistic positive view of achievements & qualities
Overestimates the likelihood the bad situation will occur	Tends to objectively evaluate the likelihood bad situation will occur	Underestimates the likelihood the bad situation will occur
Underestimates own capacity to handle the bad situation	Tends to objectively evaluate own capacity to handle bad situations	Overestimates own capacity to handle the bad situation
Over-exaggerates the badness of a situation	Tends to objectively evaluate the badness of a situations	Underrates the badness of a situation
Avoids things	Approaches things	Forces / reproaches things
Passive	Assertive	Aggressive
Asks for help though capable to handle on his/her own	Asks for help when needed	Doesn’t ask for help when needed
Admits own mistake but begs for forgiveness	Admits own mistake, asks for forgiveness, & corrects the wrong	Claims own mistake is not his, blames & criticizes others
Escapes challenges (doesn’t believe s/he can overcome)	Sticks with challenges	Over-challenges self (thinks he can do a lot more than is real)
Passive & Disengaged	Active & Balanced Life Engagement	Over- & Under-Engaged – Misbalanced Life
No hedonism	Long-Term Hedonism	Short-Term Hedonism (Overindulgence)
Doesn’t think it counts (as success)	Takes time to enjoy success	Immediately starts working towards the next goal
Doesn’t treat self well – feels like he doesn’t deserve it	Treats self well	Doesn’t treat self well – at once goes for the next goal, as high self-esteem depends on it
Active Drama Triangle Participant: Victim	Avoids Drama and Drama Triangle Roles	Active Drama Triangle Participant: Persecutor

You can download a free guide on how to develop self-acceptance at:

<https://accept2lead.com/unconditional-self-acceptance-training-program/#Subscribe>

Or book a free session at gordan@accept2lead.com