

SELF-ACCEPTANCE JOURNAL PROMPTS

1. What part of myself am I currently finding difficult to accept?
2. What would change if I stopped treating this part of myself as something that needs to be fixed immediately?
3. Which mistake from my past do I still use as evidence against myself?
4. What expectation about who I 'should' be is making it harder to accept who I actually am?
5. Which of my personality traits have I criticized even though they can also be strengths?
6. What is something I cannot change about my past but can choose to understand differently?
7. When do I feel pressured to hide parts of myself?
8. What would accepting myself today look like in an ordinary, practical situation?
9. Which personal limitation can I acknowledge without turning it into an insult?
10. If I stopped comparing my life to someone else's, what would become easier to appreciate about my own?

