



# FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## Self-Acceptance technique

ADAPTED FROM ROGER CALLAHAN AND DAVID GRUDER



### WHEN TO USE IT

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- Feeling really negative about many aspects of your life
- Dwelling on what's negative
- Feeling hopeless or suicidal

### COMMON RESULTS

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- Reverses your attitude to positive and life supporting
- Calms anxiety

### STEPS

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- Repeat the statements below 3 times each while rubbing the Sore Spots (where a gorilla thumps on the chest) with right hand on left side and left hand rubbing right side so arms are crossed.
  - With all my faults, weaknesses, and limitations, I want to deeply and completely love and accept myself.
  - With all my gifts, strengths, and ability to love, I want to deeply and completely love and accept myself.
- Take a deep, releasing breath and check in with yourself, then notice what's different; notice ways you feel more positive and able to take some positive action.
- Repeat throughout the day at least 8 times on really rough days.

