**Acceptance**

1. To accept something is to an acknowledgement that an adversity exists;
2. A realization that unfortunately all the conditions are in place for the adversity to exist;
3. An evaluation that the adversity is bad, but not awful, and that you can bear and transcend it; and
4. A determination to change the adversity if it can be changed, or committing to find an alternate road to happiness when the one you most want is not open.[[1]](#footnote-1)

**Unconditional Self-Acceptance Manifesto**

I do not have intrinsic worth or worthlessness but merely aliveness. It is to my advantage to rate my traits and acts so that I learn how to change what I can change about my traits and acts, but not rate my totality or “self”. Rating my totality is invalid and emotionally self-harming. I acknowledge there is no valid reason I cannot choose to accept myself fully and that there is a tremendous emotional advantage to doing so. I will not use my unconditional self-acceptance as an excuse for self-serving misbehavior as I live in a social group, and my acts have consequences. Regardless of what I do, I remain a unique, complex, fallible human who is in a constant state of change. I also acknowledge that for these reasons of uniqueness, complexity, and change, I cannot validly rate my totality, personhood, or “self”. At the same time, unconditional self-acceptance is valid and helps my happiness and survival.

1. Dryden, W., & Matweychuk, W. J. (2022). The REBT Client Companion (2nd ed.). Rationality Publications. [↑](#footnote-ref-1)