

UNCONDITIONAL ACCEPTANCE



UNCONDITIONAL SELF-ACCEPTANCE (USA)

I am a fallible human being who is complex and not simple. I maintain positive and negative qualities which are not entirely good or bad. Focusing only on my negative traits, or rating myself as a bad person, is unhelpful. After all, I have positive qualities which are worthy of recognition. Even when making mistakes, I am worthy of acceptance.



UNCONDITIONAL OTHER-ACCEPTANCE (UOA)

Every person is a fallible human being who is complex and not simple. People maintain positive and negative qualities which are not entirely good or bad. Focusing only on their negative traits, or rating people as entirely bad, is unhelpful. After all, people have positive qualities which are worthy of recognition. Even when making mistakes, people are worthy of acceptance.



UNCONDITIONAL LIFE-ACCEPTANCE (ULA)

Life includes positive, neutral, and negative aspects -- none of which need to be excluded or solely sought after. Although it would be nice if only joy or pleasure were experienced in life, suffering and pain are also part of the human condition. Acknowledge life as it descriptively is and not as you prescriptively believe it ought to be. After all, life inevitably ends, so a rational approach to living involves accepting all aspects of existence while you can.