

Self-acceptance

Self-acceptance means making space for all parts of yourself—the aspects you appreciate and see as positive, as well as the ones you struggle with or wish were different.

Accepting yourself as you are can be challenging—especially if you’ve grown up with a negative self-image, felt wrong, shamed, or not good enough, or gone through any number of adverse childhood experiences.

Having the courage to be who you are without seeking permission or approval from others can be difficult when you don’t truly know yourself.





Most of us spend a great deal of our lives wearing masks we don't realise we're wearing—masks covering personalities that were unconsciously shaped by other people's expectations, beliefs and behaviours.

To know who we are beyond these masks and identities takes repeated effort, willingness, and the courage to do your own inner work.

When you begin to accept yourself as you are—not just the polished or “acceptable” parts—you create the foundation for real change, and deeper self-trust.



Self-trust

Self-trust is the ability to rely on yourself. It's a relationship built over time, where you come to know that you'll act in your own best interest, advocate for yourself, and make choices aligned with what truly matters to you.

This kind of trust doesn't always come naturally, as many of us are conditioned to look outward for permission, approval, or a sense of worth. When we doubt ourselves, we tend to defer to others—even when something doesn't feel quite right. Over time, this chips away at our inner integrity and makes it harder to hear or honour our own truth.

Building self-trust starts with curiosity and compassion. When you begin to question your thoughts, emotions, reactions, and beliefs—not to judge or fix them, but to understand them—you create space to choose differently.

With practice, you learn to listen inward, act with more confidence, and stand with yourself, even when it feels unfamiliar or hard.





To finish this module,
open the next PDF for a
reflective journaling
exercise.