



Feel-Good Friday

If self-criticism repeats in your mind throughout your day, you are doing yourself a disservice. Imagine trying to go through your work or school day with someone repeating belittling criticism in your ear every step of the way. Those words would distract you, demoralize you, and drain your energy. Stop being that harsh critic to yourself. Your own negative thoughts about yourself are self-defeating obstacles to learning and changing in the ways that you may want to improve.

It is necessary to accept who you are – a human being with both strengths and weaknesses – in order to be open to change. Insulting self-criticism is counterproductive. Commit to having more positive, uplifting thoughts about yourself and seek help from a trusted friend, family member, or professional counselor if you struggle to change your self-talk on your own.

Work to believe the following statements about yourself:

"I accept that I am human with strengths and weaknesses, abilities and limitations, traits that I appreciate and others that I would prefer to be different.

I am always a "work-in-progress" because I am always human.

I accept myself as imperfect.

I love myself."

Then, remind yourself often of these beliefs.

You Can Accept Your Imperfections

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org