

Self- Acceptance Transcript

[Male Speaker]

Okay, yeah sure, so we've got a treatment for leaky brakes, and yeah sure, there is something we can do about the leaky brakes when its bothering us. But, for most of us, we are going to continue to deal with these leaky brakes for most of our lives and that kind of sucks. But, it is important we accept it too. When you don't accept that you've got leaky brakes it just makes a bad situation worse. For one thing, you're probably not going to want to talk about your different leaky brakes and that is going to make it hard for the people who are going to make it hard for the different people that are trying to help you, they won't know how to help you, they might misunderstand and not even know what is going on. If you're not accepting your leaky brakes, you probably won't want to look any different than anyone else or do anything differently than anyone else. Which will mean that a lot of really great tools that might be helpful, you're not going to use, you're going to resist them. Now, on the other hand, when you do accept your situation, that you do have leaky brakes, that makes life a lot easier and better in different ways. For one thing, instead of just concentrating on trying to get rid of a part of yourself, which doesn't work anyway. You focus more on just finding solutions for those different problems that are just a little bit trying for you. Now, when I say "accept your leaky brakes, I'm not saying go love your leaky brakes, it's not about loving your leaky brakes, it's not about hating your leaky brakes, it's about not having any emotion towards them at all, they just are, so you accept it and you move on.

Of course, that is easier said than done. I remember going through a lot of different emotions on my route to self-acceptance, I remember one time I was acting like "oh, nothing is wrong, you know, nothing is different about me". So I just made lots of excuses to myself and to other people, and then you know there were sometimes when I was pretty angry. I remember in particular really taking it out a lot on my sister and on a roommate I had once just because they were normal and I wasn't, it wasn't fair, why should things be easier for them. There was a period of time when I was going to find a way out, I was going to find that cure, God was going to take it away, whatever. There are days where you wake up and you think okay today is the day it is just all going to go away and of course it doesn't. There were periods of time too where I got pretty depressed, I gave up, I was drained and felt like it was helpless and hopeless and that I was beaten and that life was over. Boy though, did I have no idea. I mean, life did get better and these things I was feeling were perfectly normal, anyone that was going through what I was going through would have felt them and anyone would have had the experiences I had too if they were dealing with the leaky brakes I had. It was also a

pretty necessary thing for me to get where I am now at a point of self-acceptance, I had to feel all those different things, they weren't bad things to feel, they were steps on a path. They helped me realize for example, there are a lot of positives to leaky brakes too. When you have a hard time stopping yourself, all that good stuff is harder to stop too and gets bigger, not just the bad. A lot of the qualities I am really proud of, the things I like about myself the most, those are things I probably wouldn't have developed if I didn't have to struggle with my leaky brakes, so I guess it's just important to know that okay sure we don't have a cure for leaky brakes, but that doesn't mean we can't heal and it doesn't mean that you know, like me, you can't be happy and loved and that you can't do all the different things that you want to do with your life. So I'm Dr. Dunk, stick that tool in your toolbox.

[Text at the end of video]

Self-Acceptance

It is important to accept our leaky brakes!

Not accepting makes things WORSE:

-resist talking about them & using strategies!

Self-acceptance makes things BETTER:

-focus on finding solutions instead of fighting who you are!

It's okay to experience many different emotions along the road to self-acceptance!

Life DOES get better, and there are many positives to having leaky brakes!

Although there is no cure, you can still heal!