

## Meta-Stating Self Acceptance, Appreciation and Esteem for Self

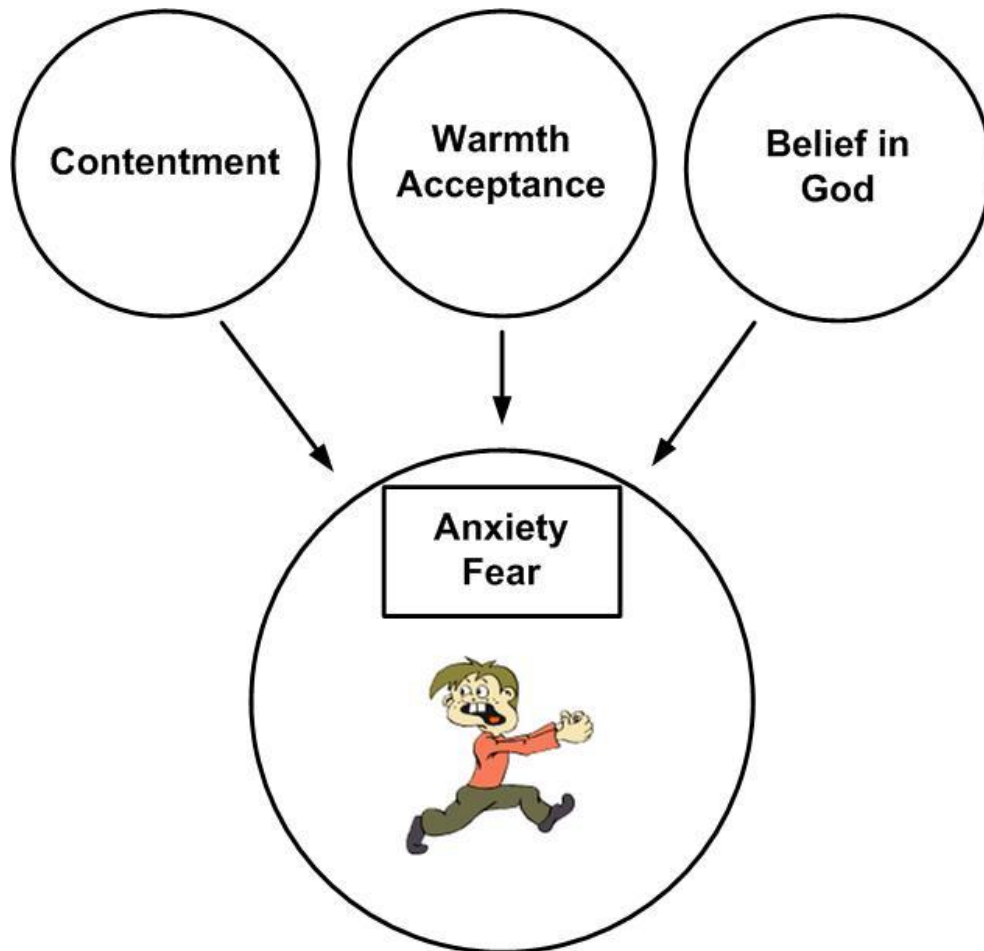
By L. Michael Hall, Ph.D. and Bobby G. Bodenhamer, D.Min.

Here is a basic meta-state process for self-esteeming – something many people who block (and a lot of other people) desperately need. Use it to establish a solid core for centering yourself, for setting a frame of high value and worth for yourself, and for operating with high self-esteem – even in the face of dignity-denying or threatening experiences.

As you look at the “Self” Matrix you quickly realizes how many who block can have very low opinions of their sense of self (See list on the next page.). Moving from dis-fluency to fluency requires that you stop identifying your sense of self with just a particular speech pattern and begin to accept, appreciate and esteem yourself not as a human “doing” but as a human “being.” This pattern is specifically designed for that purpose and has proven quite effective with hundreds of clients and training participants. It has been field tested all over the world. What would happen to your speech if you did not identify your sense of *self* with your blocking and accepted yourself as a worthwhile person?

**Figure 1**

**Meta-Stating Self Acceptance, Appreciation and Self Esteem**




Listed below are some "Self" identity statements that I have found common among PWS:

- |                       |                                 |
|-----------------------|---------------------------------|
| "I am flawed."        | "I am tense."                   |
| "I am foolish."       | "I am shamed."                  |
| "I am inadequate."    | "I am not enough."              |
| "I am a 'stutterer.'" | "I pity myself."                |
| "I am worthless."     | "I am a poor performer."        |
| "I am insecure."      | "I am not a good communicator." |
| "I am timid."         | "I am an embarrassment."        |
| "I am anxious."       |                                 |

### The Pattern

We begin with a continuum of "**welcoming**." We move from the basic state of *accepting* a sense of "self" to a more firmer *appreciating* our "self" to the more fuller *standing in awe* or *esteeming* our "self." (See Figure 2)

**Figure 2**  
The "Continuum" of "Esteeming"



Acceptance	Appreciation	Awe/ Esteem
welcoming – inviting in non-judgmental	gentle openness welcome warmly with attraction and love	highly valuing as important significant, worthwhile welcome with awe, honor

### Acceptance, Appreciation & Awe/ Esteem Pattern

**Meta-Stating Self-Esteem**

- 1) **Access the three "A's" resource state – acceptance, appreciation, awe/ esteem**
- 2) **Amplify each state and *apply each individually* to your concept of *self*.**
- 3) **Discover a needed context for esteeming.**
- 4) **Apply your powerful self-esteeming state from #2 to the *needy* state of #3.**
- 5) **Imaginatively put into your future.**
- 6) **Does any part of you disagree with this new concept of yourself? (Ecology Check)**

**1) Access the 3 “A” resource states: Acceptance, Appreciation, and Awe.**

Access each state by using a small and simple referent so that you can access the feeling of the state fully and discreetly.

- A) *Acceptance* – Think of something that you just *accept*.
- B) *Appreciation* – Think of something you really *appreciate*.
- C) *Awe* – Think of something you stand in *awe* of.

**2) Amplify each state and *apply* individually to your concept of yourself.**

Amplify *each state* until you have a robust enough state to then apply to your sense of *self*.

You may wish to amplify by changing the qualities of it – make it more colorful, bigger, and brighter, etc.

Use positive and empowering language as well in creating a strong sense of *acceptance, appreciation and awe/ esteem*.

Bring each resource *to bear* upon self: *accept* yourself, *appreciate* yourself and *esteem* yourself. Do each one at a time. Repeat if needed.

You should end up with a very strong and centered sense of *yourself*.

**3) Discover a needed context for esteeming.**

Choose one of those contexts where your self-esteem goes into the gutter and the blocking are particularly pronounced.

Or think of an event wherein you feel tempted to self-contempt, self-question, self-doubt, and/or self-dislike yourself? In what context would you prefer a more resourceful response?

**4) *Apply* your powerful self-esteeming state (the resulting state from #2) to the needy state elicited in #3.**

Apply and notice how it transforms the old context.  
Are you ready to self-respect yourself - no matter what?

**5) Imaginatively put into your future.**

Imagine moving through life in the weeks and months to come with this.  
Do you like this? How will this affect the way you speak?

Notice how doing this will limit how much power you allow others to have over your sense of self. Esteeming yourself eliminates caring so much what others think about how you talk.

**6) Does any part of you disagree with this new concept of yourself?**

If so, welcome that thought into consciousness. Find its purpose for you and obtain its permission to let you think enough about yourself so that you will not allow what you *think* others may think of you to control how you speak.