

CONDITIONS OF WORTH

How conditional acceptance can shape self-belief

AT A GLANCE



Conditions of worth develop when acceptance seems dependent on behaving, achieving or feeling in approved ways. We may adapt ourselves to remain valued.

KEY IDEAS

AUTHENTIC SELF

Feelings, needs, values, interests and ways of being.

MESSAGES RECEIVED

Be strong. Do not fail. Keep others happy. Be perfect.

BELIEFS FORMED

I am only acceptable or worthy if I meet these conditions.

IMPACT

Self-criticism, anxiety, disconnection and difficulty setting boundaries.

WHY IT MATTERS



Noticing inherited conditions creates room for self-acceptance, choice and a more congruent way of living.

PUTTING THE IDEA INTO PRACTICE

1

AWARENESS

Notice the rules and expectations you have absorbed.

2

QUESTION

Whose voice or value is this?
Does it still fit?

3

COMPASSION

Understand how adapting may once have protected connection.

4

RECLAIM

Choose a belief that respects your needs and inherent worth.

REFLECTION PROMPTS

1

What must I do to feel good enough?

2

Where did that message begin?

3

What would unconditional self-respect sound like?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.