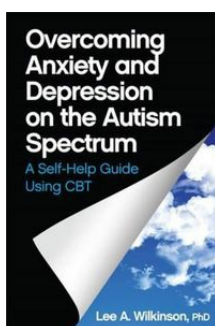


OVERCOMING ANXIETY AND DEPRESSION ON THE AUTISM SPECTRUM: A SELF-HELP GUIDE USING CBT

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Self-acceptance means fully accepting yourself no matter what your traits or how you perform or achieve. It does not mean self-esteem, self-confidence, or self-regard. These terms imply that you accept yourself because you perform or behave in a specific way or because people accept you based on your achievements. Self-acceptance means that you non-judgmentally accept yourself for who you are without rating or evaluating yourself, or...

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