

# CHAPTER 2

## SELF - WORTH



In her TED Talk “The Power of Vulnerability,” shame researcher Brené Brown says that we should raise children to know that they don’t need to be perfect to be worthy. She says we all need to hear “You’re imperfect, and you’re wired for struggle, but you are worthy of love and belonging.”<sup>3</sup>

Has anyone told you that before? Can you accept the idea that you are enough exactly as you are, flaws included?

This is what self-worth is about. You don’t need to think you’re perfect, because no one is. Self-worth is knowing that you deserve love and belonging regardless of your imperfections.

You do. I promise.

<sup>3</sup> TED (2011, January 3) *The Power of Vulnerability/Brené Brown/TED Talks* [Video file]. Retrieved from [https://www.youtube.com/watch?v=iCvmsMzIF7o&feature=emb\\_title](https://www.youtube.com/watch?v=iCvmsMzIF7o&feature=emb_title)



SELF-WORTH

I am smart and capable.

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I trust myself.

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I do good for the people I care about.

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I take care of the people I care about.

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I deserve to feel good about my identity.

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I deserve to transition in the way I feel is best for me.

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My gender identity is not an inconvenience.

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I do not need to adapt to other people's expectations.

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I deserve kindness.

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I deserve respect.

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I deserve to be loved.

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I deserve to be taken care of.

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I love myself exactly as I am.

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What do you need to hear about your own worth? Write your own affirmations below. If you have recurring negative thoughts about your self-worth (“I am such a jerk”), try turning its opposite into an affirmation (“I am doing my best to be kind”). Keep your language positive and sincere.

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*My gender identity is one of the many lovable things about me.*