



# Self-Acceptance Scale (GBC-10)

(SPC Altawil, 2021)

The self-acceptance scale is mainly used for youths and adults. It is made up of 10 phrases, each phrase has four choices as described below:

- (3) It happens often and always to me (>%80),
- (2) It happens sometimes (between %50 - %80),
- (1) It happens a little bit (<%50),
- (0) It does not happen at all.

In the last two weeks up to this point, how much do you show to the following characteristics:

No.	Statement	Level			
1	It's important to focus on the things that can change me for the better.	3	2	1	0
2	I welcome the things I love about myself.	3	2	1	0
3	I can identify the things I am good at like sports, music, art, etc.	3	2	1	0
4	I can set realistic goals for myself and create a plan to apply them.	3	2	1	0
5	I can reward myself when I do a good activity or achievement.	3	2	1	0
6	I should stand up and move forward with my life not backwards.	3	2	1	0
7	I do not feel overwhelmed when bad things happen to me.	3	2	1	0
8	I do not need to accept bad things that happen to me, but instead as an event that happened in my life.	3	2	1	0
9	I avoid the people and/or things that challenge my self-acceptance.	3	2	1	0
10	I am kind to myself, and I do not compare myself to others.	3	2	1	0
Total score: ( / 30)					

## Scoring levels:

Poor self-acceptance  
Scores from 1-9



Imbalanced self-acceptance  
Scores from 10-20



Good self-acceptance  
Scores from 21-25



Great self-acceptance  
Scores from 26-30

