

SELF APPRECIATION AND APPRECIATION OF DIFFERENCES IN OTHERS



At Tri-Development Center we encourage people with and without known disabilities to model self appreciation and to appreciate the differences in others. The following by Robin M. Smith certainly warrants everyone's consideration:

Ghandi said, "Become the change you want the world to be." That means taking complete pride in your own body, including your size, your looks, your assorted physical conditions and differences. It might mean responding to a friend complaining about his weight or gray hair with an authentic appreciation of him the way he is.

If we want others to love us, we must start by loving ourselves. Each of us, whatever our physical or mental condition, is deserving of that love.

Quotation taken from: Robin M. Smith, *Offensive Humor: Can I Handle It?* **Tuesday's Child Magazine**, March/April 1998, p.31.