

# Unconditional Positive Regard

This refers to our attitude towards the whole person, it does not imply approval of destructive or hurtful behaviour.

Other ways of viewing UPR;

- A non judgemental attitude
- Warmth
- Caring
- Prizing
- Acceptance

Self acceptance is a good starting point.

- Self acceptance is the most difficult acceptance of all.
- Self deception is the easiest deception of all.