

**FACTORI DE VULNERABILITATE COGNITIVĂ ÎN ANXIETATE:
RELAȚIA ÎNTRE ACCEPTAREA NECONDIȚIONATĂ DE SINE ȘI
NIVELUL ANXIETĂȚII**

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Abstract

Anxiety is an etiquette which has been given to a number of emotional disturbances. We tried here a brief presentation of the main idea of the Beck and Ellis theories of emotional disfunctions like anxiety and of the new concept of unconditional self-acceptance (USA) (Ellis și Dryden, 1997). We enumerated the 10 principles which sustain this concept. The study purpose was to prove if a higher level of unconditional self-acceptance is associated with lower level of anxiety, even in conditions of higher stress perception. The results showed a inverse relation between trait anxiety and USA and also showed that a person which accept her self is generally less anxious than a person who has self-acceptance problems.

Keywords: *emotional disturbances, stress, self-acceptance*

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