

## Keys to effective affirmations

*Choose your affirmations wisely. For each one that you choose, ask yourself the following questions:*

1. Does the affirmation represent a change in me rather than a change in the world?
2. Do I really, really want what I say I'm hoping to achieve?  
For affirmations to succeed, you must commit yourself to them wholeheartedly. Imagine the results or consequences in vivid detail. Be willing to explore the truth. Is this whom you truly wish to become? Is this what you really want in your life.
3. How will it affect others in my life?  
Becoming less dependent, more assertive and more adventurous will change your relationships. However, you need to consider partnerships when you are wanting major changes. Discuss your plans with family and friends.

Write down affirmations once you've chosen them. Committing them to paper is the vital first step toward making them real. Be clear and specific. Remember that affirmations work best in a time frame of 6 - 12 months. Make no more than four affirmations at a time. Few people can work on more.

## Positive Affirmations

*I am a Magnificent Being full of Light and Love!*

Positive Affirmations are the single most powerful and vital tool in the Recovery process. We are Spiritual Beings having a human experience, not shameful, sinful human creatures. Our attitudes create our perspectives which in turn dictate our relationships. In order to change our relationship with life, and with ourselves, we need to change our attitudes and belief systems about the nature and purpose of life.

Positive affirmations are so vital in Recovery because we all have a critical parent voice inside that judges and shames us; that negatively affirm us hundreds of times a day. It takes a lot of reprogramming to start accepting that we are Lovable and unconditionally Loved.

What we focus on is what we create. In order to change what we are creating we must choose to change the way we think and work on letting go of the subconscious beliefs we learned in childhood.

**I am a capable person.**  
**I am a competent person.**  
**I am an intelligent person.**

**I am a worthwhile person.  
I deserve to be successful.  
I am entitled to good.  
I choose to be happy.  
I can ask for what I want.  
I have the right to express my feelings .  
I am a radiant expression of the Divine.  
I trust and follow my inner guidance.  
I am an unlimited being.  
I can create anything I want.  
I have a right to exist.  
I have the courage to see what I see.  
I have the courage to think what I think.  
I have the right to question anything.  
I am entitled to feel my feelings.  
I choose to come to my own conclusions.  
I am Happy, Joyous and Free.  
I have within myself the answers to all my needs.  
I am a beautiful person.  
I am free to be me.  
I do not need to prove myself.  
My mind and body are now in balance and harmony.  
I accept responsibilities in my life enthusiastically.  
I am the master of my being.  
I am an active co-creator of my life.**

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### **The Affirmation Process**

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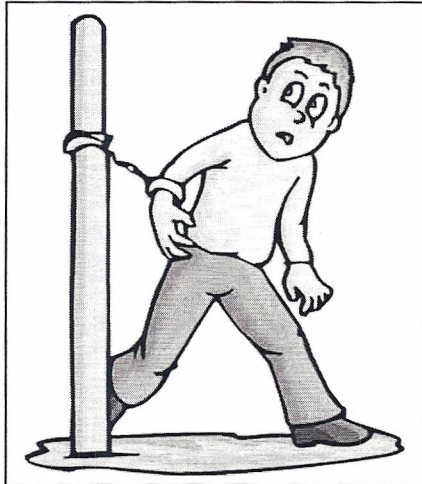


**To realize your affirmations, keep them rooted in your mind and work on them regularly. The most important technique is imaging.**

1. At least once a day, find a comfortable place to sit or lie down where you won't be disturbed. Close your eyes and breathe deeply, letting the inhale expand your abdomen and chest. Search out areas of tension, and let them melt away. When you are fully relaxed, bring one of your affirmations to your mind. Say it aloud several times. Create a mental image of yourself and your life when the affirmation is a reality. As vividly as possible, imagine your feelings, thoughts and actions when the transformation has taken place.
2. Act as if your affirmation has already come to pass. How would you behave if you had become the person you want to be? How would you talk to people? What feelings would you have? Just playing the role creates a space for you to grow in the desired direction.

- Post reminders in several strategic spots that you're sure to pass every day -- the door to your kitchen, the bathroom mirror, a staircase, your car radio. Just a brightly colored note or something similar will do. Every time you pass one of these checkpoints, say your affirmation to yourself, silently or aloud. Bring an image of it to mind. Act as if it's already been realized. The image, the words, the feeling will stay with you as you go about your life.

## The Double Bind



*Affirmations can be used to liberate you from the double bind -- a situation in your life in which you feel stuck. By examining the stuck-ness, you will probably find that you are giving yourself only two choices, both of them unsatisfactory.*

- Make a list of the things in your life that make you feel stuck.
- For each item, identify the specific double bind that is operating.
- For each double bind, create an affirmation that eliminates the duality.

### Examples:

Area of stuck-ness	Double Bind	Affirmation
I hate my job.	Work or go broke	I have the wisdom to make my living in ways that are rewarding to me.
I am stuck with my husband even though he is a jerk.	Stay with my husband or be alone <i>Codependency vs loneliness</i>	I deserve to be in a loving and healthy relationship. <i>This could mean improving or replacing the relationship.</i>
I have to compete to get what I want.	Win and beat the other person or lose.	There is enough to satisfy everyone's needs and desires.
I hate being told what to do.	Conform or rebel	I do what I know is right and what creates harmony with everyone.

## Affirmation Stems

I am loved, I am loving, I am free.

I am creative and enterprising.

I am \_\_\_\_\_.

I am worthy of love, healing and nurturing.

I am worthy of \_\_\_\_\_.

I am open to receive the abundance of the Universe!

I am open to receive \_\_\_\_\_.

I love and forgive myself.

I love and forgive \_\_\_\_\_.

I am enough.

I have enough \_\_\_\_\_.

I have all the time I need.

I have all the time I need for / to \_\_\_\_\_.

The truth sets me free and brings me closer to those I love.

I love and approve of myself.

I deserve \_\_\_\_\_.

I have plenty of \_\_\_\_\_

I am the right age / sex to \_\_\_\_\_.

I have more than enough power / energy to \_\_\_\_\_.



**These stems can help you understand the concept of affirmations and put them to appropriate use.**