

(Form #CW4-3)

USEFUL SUGGESTIONS FOR APPLYING THE TECHNIQUE OF AFFIRMATIONS

1. Write each affirmation 10 to 20 times. Writing is an extremely powerful technique of autosuggestion.
2. Work with one or more every day. Good times are just before sleeping, before starting the day, and especially whenever you feel at effect. They can also be recorded on cassette tape and played back to yourself. The best way to do that is by recording each affirmation 5 to 10 times so that you have time to think about them when they are playing.
3. Make a list of the affirmations that are most meaningful to you.
4. Put specific names and situations into the affirmations.
5. Play with the vocabulary in the affirmation - make it personal and meaningful to yourself.
6. Say the affirmations to yourself in the first, second, and third person as follows:
(I,(name), now like myself.; You, (name) now like yourself.; (name) now likes him/herself.
7. Feel free to invent new ones.
8. Continue working with them daily until they become totally integrated into your consciousness.
9. To dissolve negative mental patterns and free maximum aliveness in your consciousness write each affirmation in order 10 to 20 times. Note the ones that are most meaningful or produce the greatest change. Continue working until they go flat. When they go flat, you are total cause and master of the results implied by the affirmations.

Instructions for Response Affirmations

Write the affirmation in the 1st , 2nd , 3rd person, I am – she/he is - you are.

If you speak a different language, write the affirmations in your mother tongue – the language of your birth and early childhood as well as the language you speak. i.e. you now speak very good English and even think in English, but French, German, Italian, Greek, etc. was your first language. So you do the affirmations in both languages. Your first language (your mother tongue) is embedded in your early memories.

Swap writing dominant hand to non- dominant hand occasionally to reveal unconscious patterns.

If you had a family nickname, insert the nickname along with your given name. i.e. I John, Johnno, etc., I Patricia, Patty, etc., I Pauline, Polly, etc.

Allow yourself time and a safe private space to feel your feelings without interruption.

When feelings reveal themselves take 20 Connected Breaths and relax your body.

Extra value can be gained by what I call The Ultimate Response Column Technique, which you include all your responses.