

(Form #CW4-4)

Technique of Affirmations with Response Column

Select a relevant self-affirmation. Write it on the left of the page. Then listen to your immediate response. It may be a thought, feeling or body sensation. Record this on the right hand side. Continue writing the affirmation on the left and your response on the right until you fill the page.

**AFFIRMATION
COLUMN**

**RESPONSE
COLUMN**

AFFIRMATION COLUMN	RESPONSE COLUMN