

(Form #CW5-2)

Self Talk and Affirmations

Affirmations with responses are a great way to unravel your “mind set” on approval/disapproval. The following affirmation techniques are examples of ways to use a response column.

Example #1 is a basic response technique. Response affirmations are very effective for establishing self talk and self esteem.

I suggest you read the short list of affirmations and choose the one that feels right for you at this moment or make up your own. If your inner child, and you as a child, took some pretty severe mental/physical/emotional battering, you may need to persevere until you have gained some tenure and trust with your “inner self.”

Refer back to the chapter on specific negatives and personal law for a more advanced technique.

Affirmations for Parental Disapproval Syndrome

I, ___INSERT NAME HERE___, am always highly pleasing to myself in the presence of others.

I ___INSERT NAME HERE___, love and approve of myself.

I ___INSERT NAME HERE___, am innocent.

I ___INSERT NAME HERE___, am eternally worthy of Unconditional Love.

Since God/Great spirit has already declared me worthy of love I naturally love and approve of myself.