



REINVENTION SOLUTIONS

AFFIRMATIONS

Affirmations will help you allow yourself to do whatever it is you will not allow yourself to do. An affirmation is a positive statement of (positive) beliefs, and if we are 1/10 as good at positive self-talk as we are at negative self-talk, we will notice an enormous change.

Affirmations help achieve a sense of safety and hope. When you first start working with them, they might feel dumb and embarrassing, but isn't that interesting? We can easily, and without embarrassment, bludgeon ourselves with negative affirmations: "I'm not gifted enough/clever enough/smart enough/ attractive enough/ educated enough/ prepared enough..." But saying nice things about ourselves is notoriously hard to do. It feels awful at first.

Try these and see if they don't sound hopelessly saccharine:

"I deserve love. I deserve a rewarding life. I am brilliant. I am competent and confident in the contributions I have to offer..."

Many of us can't even stand when other people speak positively of us. We rebuke them, diminish them, and, tell them why they are wrong. Often, as soon as we start speaking positivity over ourselves and situations, our inner censors immediately start up with the imposter routine. "Who do you think you are?"

REFLECTION

Pick a positive affirmation about yourself in an area where you feel stuck (don't go for an area you are acing). Write it out 10 times. While you are busy doing that, note how your inner censor tries to object. Objects will start to pop up like burnt toast.

Listen to the objections - here are some examples:

- Sure, you are!
- Since when?
- You can't even write
- You're just kidding yourself
- Who do you think you are?

You will be amazed at the rotten things your subconscious will blurt out. Write it down. These blurts will flag your personal negative core beliefs. They will hold the key to your freedom in their ugly little hands.

Make a list of your personal blurts.

Where do your blurts come from? Mom? Dad? Teachers? Friends? Using your list of blurts, scan your past for possible sources.

Break your life into 5-year increments, and list by name your major influences in each time block. Some may come immediately to mind, some may take some time.

Turn to your blurts. They are very important to your recovery. Each of them has held you in bondage. Each of them must be dissolved. For example, "I'm phony and untalented" can be changed to "I am genuinely talented."

Write some positive affirmations for yourself. Here are some examples:

- I am a channel of God's creativity and my work comes to good.
- My dreams come from god and god has the power to accomplish them.
- I am willing to do better.
- I am capable.
- I will be desirable to the person who was meant to love me
- Love is available for me.
- I'm a boss chic.

Start every day with affirmations throughout the week. If you find yourself speaking negative affirmations, immediately speak a positive affirmation to cancel it out and repeat it to yourself until it starts "taking root."