

# Affirmations

## Thoughts

### Changing Thoughts:

"I don't have to believe every thought I think. I have a choice,  
I chose to believe the thoughts that empower me and others."

### Neutralising Thoughts:

"The belief that... no longer has any meaning to me. I let go and rise above that  
belief, to a time and place where I am free."

(from Quantum Dynamics)

### No Thoughts (present time awareness):

"I know nothing,  
I make no decisions,  
I forgot the question."

## Emotions

"I now no longer give my power away to my feelings.  
I am OK, even if I don't feel OK."

"My feelings are just chemical reactions taking place in my body."

### Love

I accept myself even if I feel lost and confused.  
I accept myself even if I make a mistake.  
I accept myself just the way I am.  
I accept myself in the presence of others.

I am kind and gentle with myself.

Other people have the right to be stupid and ignorant.  
Other people have the right to refuse help and stay in pain.

My mother and father are perfect just the way they are.

I am surrounded by people who love and support me.  
I surrender to the loving support others have for me.

I forgive myself for...

### Power

Because I am truly powerful I have nothing to protect.

Because I am truly powerful, I can allow myself to be vulnerable.

The more powerful I become, the more gentle I behave.