

AFFIRMATIONS

What you tell yourself is how things are!

BODY

Something's always going wrong
with my body.

***My body is strong, energetic,
and loveable!***

MIND

I'm always mixing things up or
forgetting something.

***My thinking is clear, reasonable,
and dependable.***

AWARENESS

I don't really pay much attention
to what's going on most of the time.

***I'm attentive to what's happening
around me and inside me.***

CHOICE

I never have much of a choice.
(My choices don't make much difference.)

***I decide what I want to say or do,
and how I want things to be.***

COMPANIONSHIP

Nobody really likes to be with me:
I'll always be alone.

***I'm fun-loving and caring and people
appreciate my company.***

INTIMACY

Once someone gets to know me,
they don't want to be close to me.

***I'm loveable and loving, and I know
how to be close when I want to.***

EMOTION

I never trust my feelings: they
always get me in trouble.

***I listen to my feelings and decide
what to do with them.***

TRUST

Nobody cares about anybody.
(People won't think twice about hurting you.)

***I decide whom I trust, and what I
need to do to feel safe.***

HEALING

Once you've been hurt,
you're damaged forever.

I am healing my past hurts.

UNCERTAINTY

If everything's not under your
control, you're doomed.

***Everything works out in the way
that's best for me.***

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CHANGE

It's best to keep things as they are.
(I already know everything I need to know.)

*I welcome new experiences as the
opportunity for growth.*

APPROVAL

I always have to make sure that
what I'm doing is OK with others.

*I'm OK as long as I'm being true
to my own beliefs and values.*

POWER

I never have enough power
to get what I really want.

*I have all the power I need to lead
a richly satisfying life.*

ABUNDANCE

There's never enough to go around.
I'm always left wanting.

*All I need is given.
There's plenty for everyone.*

FEAR

I'm always hiding from something.
What can go wrong, will.

*I have the courage to face my fears.
I'm ready for whatever comes.*

FAILURE

I'm always screwing something up.
Then it's too late to fix it.

*I learn from my mistakes.
It's never too late to learn.*

RECEIVING

There's no free lunch. Nothing ever
comes to me without great cost.

*I'm opening myself to welcome all the
gifts the universe (God) has to offer.*

PASSION

I stay cool, don't expect much:
that way I don't get disappointed.

*I am wholeheartedly investing in
making my dreams come true.*

FULFILLMENT

Nothing much ever happens for me.
I never get what I'd really love.

*My deepest desires are being realized.
I'm creating what I love.*

FORGIVENESS

Terrible things have been done to me:
someday someone will pay.

*I forgive everyone whatever harm
they've done to me.*

30 Attainable Affirmations

1. As I let go of my feelings of guilt, I am in touch with my inner sociopath.
2. I have the power to channel my imagination into ever-soaring levels of suspicion and paranoia.
3. I assume full responsibility for my actions, except the ones that are someone else's fault.
4. I no longer need to punish, deceive, or compromise myself, unless I want to stay employed.
5. In some cultures what I do would be considered normal.
6. Having control over myself is almost as good as having control over others.
7. My intuition nearly makes up for my lack of self-judgment.
8. I honor my personality flaws for without them I would have no personality at all.
9. Joan of Arc heard voices, too.
10. I am grateful that I am not as judgmental as all those censorious, self-righteous people around me.
11. I need not suffer in silence while I can still moan, whimper, and complain.
12. As I learn the innermost secrets of people around me, they reward me in many ways to keep me quiet.
13. When someone hurts me, I know that forgiveness is cheaper than a lawsuit, but not nearly as gratifying.
14. The first step is to say nice things about myself. The second, to do nice things for myself. The third, to find someone to buy me nice things.
15. As I learn to trust the universe, I no longer need to carry a gun.
16. All of me is beautiful, even the ugly, stupid, and disgusting parts.
17. I am at one with my duality.
18. Blessed are the flexible, for they can tie themselves into knots.
19. Only a lack of imagination saves me from immobilizing myself with imaginary fears.
20. I will strive to live each day as if it were my 50th birthday.

21. Today I will gladly share my experience and advice, for there are no sweeter words than 'I told you so!'
22. False hope is better than no hope at all.
23. A good scapegoat is almost as good as a solution.
24. Who can I blame for my problems? Just give me a minute.... I'll find someone.
25. Why should I waste my time reliving the past when I can spend it worrying about the future?
26. The complete lack of evidence is the surest sign that the conspiracy is working.
27. Becoming aware of my character defects leads me naturally to the next step of blaming my parents.
28. To have a successful relationship, I must learn to make it look like I'm giving as much as I'm getting.
29. I am willing to make the mistakes if someone else is willing to learn from them.
30. Before I criticize a man, I walk a mile in his shoes. That way, if he gets angry, he's a mile away and barefoot.