

AFFIRMATIONS THAT WORK

I've never been a fan of standard positive affirmations. My clients are always shocked when I tell them this. In fact, for some people, not only do affirmations *not* work, but they can also make things worse. I know this may be a little surprising after reading pretty much everywhere that if we just repeat positive things, our lives will turn to glitter and gold.

WHY MOST AFFIRMATIONS BACKFIRE

The idea behind an affirmation, whether it's in the form of a verbal statement or visualization (which is really just an affirmation, too), is that you are affirming positive thoughts or images—things that you'd like to be in alignment with. What often happens though when you focus on something positive that doesn't feel true to you in any sense, is the opposite thought or image comes up. This is common, and often subconscious. These are what I refer to as a “yeah but ...” statement that automatically get triggered when something feels very far from your current reality or truth.



WHY MOST AFFIRMATIONS BACKFIRE

For example, let's take the affirmation "I am in perfect health." While this is obviously a very positive statement, it is typical, if you are not feeling this way, to have an automatic internal response of "Yeah but I'm sick!" This may be conscious; or subconscious and "under the radar." In this case, along with that affirmation, you would actually be repeating (even if just at a subconscious level) the negative statement of "I'm sick!" as many times a day as you repeat your affirmation.

Yikes, right?

It's most likely too far a reach from where you currently are, or you probably wouldn't even be trying to use an affirmation like this in the first place, right?



HOW CAN WE MAKE AFFIRMATIONS WORK?

During my own healing, I read so many positive healing affirmation books that ended up in a pile on the floor. While I liked the idea of them and every guru from here to the moon was professing they were the cure-all, the suggested affirmations being taught were just too “out there” and unattainable for me.

All hope is not lost, though...

Affirmations will be very effective when they hold some type of truth or resonance for you. In order to make affirmations successful, we need a way to baby-step our way to believing what we are saying. We need to make sure we don't have those “yeah buts ...” that might end up sabotaging our efforts. I'm going to teach you exactly how to find affirmations that will work.

Remember, if you repeat an affirmation like “I am perfect, happy, and healthy,” but you are not feeling that way, it's likely to backfire. However, you can make it work for you by revising that affirmation to something like “I am excited to feel perfect, happy, and healthy.” This statement is positive *and* could still feel true for you. There is no risk of accidental negative affirmations getting attached.





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EXAMPLES OF EFFECTIVE AFFIRMATIONS

I AM WILLING TO BELIEVE IN MY ABILITY TO CREATE HEALING AND HAPPINESS.

I ALLOW MYSELF TO BELIEVE I DESERVE TO HEAL.

I ALLOW MYSELF TO BELIEVE I CAN BE CONTENT IN THIS MOMENT.

I ALLOW MY BODY TO BECOME AN ENVIRONMENT FOR HEALTH AND HEALING.

I AM ABLE TO PROCESS, METABOLIZE, AND RELEASE ALL EMOTIONS THAT DO NOT SERVE ME.

IT IS TIME TO HEAL!

I CHOOSE TO BE IN ALIGNMENT WITH MY BODY'S WAY OF HEALING.

I AM ABLE TO SEE THE GOOD IN MYSELF.

MY HEALTH IS MOVING IN THE RIGHT DIRECTION.

I HAVE EVERYTHING I NEED.

Affirmations like these are not likely to cause an unintended opposite reaction, because they are subtle. As you feel better about yourself, and your health, you can continue to revise them so they are more and more positive; as long as they still resonate with you.



QUICK TIPS FOR MAKING EFFECTIVE AFFIRMATIONS

- Use words like “choose,” “time,” “allow,” and “willing” so they imply a decision made by you (it's very hard to resist our own decisions).
- Make sure they are believable to you at some level.
- Make sure you use only positive words—no words with negative connotations (like illness, stress, etc.).
- You can write them on a sticky note and tape them to your bathroom mirror, jot them down in a journal, or put them in another obvious place so you are reminded to say them every time you see them.

