

What NOT to Tell Yourself

Affirmations

THE SECRET

Your default thinking is killing your happiness and success. You are what you think. And, with your thoughts, you make yourself and your world. Everyone talks to themselves; it is what you are telling yourself that can destroy you.

However, most people do not consciously listen to their self-talk and assume that it is just who they are. It is like a steady drumbeat in the background that determines your traits without you recognizing it. “I am an introvert.” “I cannot talk when I’m in groups of people.”

“As a man thinks in his heart, so is he.”

Proverbs 23:7

They believe that what they are telling themselves is the truth. They do not realize it is what they have been taught. They were not born with these ideas and concepts about themselves. Therefore, they never question them. They accept them as The Truth.

Affirmations have been around since the eighteen hundred when a pharmacist discovered that what he said when he gave a patient a medication, made a huge difference in how well the medication worked!

In the early 1900s, a popular affirmation was “Every day, in every way, I’m getting better and better.” Research on affirmations started in the nineteen hundred’s and continues today. But the research has consistently showed mixed results. Some research showed remarkable results while others showed no correlation between the affirmation and the efficacy of the “medication” (sugar pills) that were given.

THE SECRET: I **have** worked with clients and their affirmations for over 40 years. What I discovered was that ***affirmations work well when your mind does not argue with the affirmation.***

For example, “Every day, in every way, I am getting better and better.” Now listen, what do you hear your mind saying, “The hell you are!” Or, “I am not the best.” Try saying your affirmation to yourself. Then listen to how your mind responds. If you hear your mind arguing with your affirmations, then you need to start working on modifying your affirmations.

Once your brain starts arguing with you, you will find yourself becoming tense, anxious, and stressed. That is when you need to modify that affirmation.

Here are some affirmations you may want to check out to see if your mind argues with any of these.

- ✓ “I am perfect the way I am.”
- ✓ “I am the best I can be and getting better every day.”
- ✓ “I must do things perfectly, so people will like me.”
- ✓ “I am lovable the way I am. I do not have to change.”
- ✓ “Every day I am losing weight.”
- ✓ “I am always full of energy, enthusiasm, and excitement.”
- ✓ “I never get upset or angry.”

Any affirmation, that your mind does not argue with, will work.

A “not good” affirmation that I found that worked for me was, “Every time I walk past the kitchen, I gain weight.” Unfortunately, that was one that my mind did not argue with. And before I knew it, I was at almost 250 pounds.

**What you are telling yourself can and does affect you,
both physically and mentally.**

Fixing Affirmations. You can create affirmations that work for you by modifying your statements. One way to do this is to not use the words,

always and ***never***. Nor, do you want to use words that imply an absolute. Always and never are absolutes. There are no absolutes and that is absolute.

A second way to fix your affirmations can be done by adding qualifiers such as the words: it seems, it appears, and it looks like. Some examples: “Every time I walk past the kitchen, I *seem* to lose my appetite.” “It *seems* that many people like me when they first meet me.” “It *seems* that I am getting less fearful of new situations the more I do them.” “*It looks like* I am learning from my mistakes and doing things differently.”

The key to whether an affirmation is going to work for you is learning how to listen carefully for any “crosstalk” in your mind. If you hear any, immediately start working on how to change your affirmation to prevent this kind of static.

There are no affirmations that are right for everyone. You need to choose affirmations that work for you.

Affirmations might seem like a silly exercise, but they can do a lot to change our thinking and the way we talk with and deal with ourselves.

Here are some examples of affirmations that might work for you.

- *I am starting to believe that people in my life are going to do what they are going to do, not what I think they should do and that is okay!*
- *I am starting to trust that I will act with respect and genuine intentions towards others no matter how they act towards me.*
- *I am free from the wrongdoing of others; I can choose to be unaffected by their behavior.*

- *I choose to see myself as an actor not a reactor, and to think before I speak.*
- *I often work well with others to set goals and reach accomplishments together.*
- *I am looking for evidence that I can trust in the good intentions of others and I choose to believe that kindness will prevail.*

Choose your affirmations carefully. Then use the affirmations that apply to you each morning when you wake up. Speak them out in a loud, clear voice with confidence, so that both your ears and your mind can hear them. Continue to use your affirmations throughout the day.

If you ignore your self-talk (affirmations) and do not examine them, you do so at your own peril. The results of not doing this self-examination will result in you feeling and acting as a victim in many situations in your life.

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