

**THE MOST POWERFUL
BOOK OF AFFIRMATIONS
EVER WRITTEN**

SHELDON T.
CEASER, M.D.



Copyright © 2013 by Sheldon T. Ceaser, M.D.

All rights reserved. No portion of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage or retrieval systems, without permission in writing from both the copyright owner and the publisher.

Publisher:
Sheldon T. Ceaser, M.D., INC
231 E. 75th ST
Chicago, IL 60619

Cover design & eBook conversion by Anton Khodakovsky

ISBN-13: 978-0-9892409-2-5

Library of Congress Control Number: 2013906977

Introduction

MY JOURNEY AND WHAT LED ME TO CREATE THESE AFFIRMATIONS

When I started my journey to be a physician I would not have imagined that it would lead me to where I am today. My parents told me that I expressed a burning desire to become a doctor at the age of six. I wanted to help and heal people. It could be that my desire to become a medical doctor started with my love of watching Dr. Kildare and Dr. Marcus Welby on television. No matter the origin, my desire to be a healer persisted throughout my early years and I was determined to succeed.

I started the journey by attending a public elementary school in Chicago, Bryn Mawr Elementary, and later, South Shore High School. From there I traveled to the Ivy towers of Dartmouth College. Following my undergraduate studies, I returned to Chicago for medical school and residency at the University of Illinois. After my residency, I worked in an inner-city clinic and at the Cook County Correctional Facility, in order to fulfill my obligation with the National Health Service Corps.

Upon fulfilling my obligation, I started a private medical practice a few miles away from my childhood home. Initially the practice of medicine was both rewarding and challenging. I had daily opportunities to develop my diagnostic and treatment abilities. Additionally, my regular interactions with patients, and dealing with their physical, emotional and mental challenges, enabled me to grow as a person and as a physician. Eventually, however, I began to feel as if part of the equation was missing. I could diagnose their illnesses, prescribe the proper medication and provide advice on lifestyle changes for the

purposes of alleviating their symptoms and controlling their ailments. Yes, I was helping, but rarely healing my patients.

I began to have second thoughts about how I was practicing medicine. I could not imagine that the father of medicine, to whom I took an oath, was content merely to manage diseases. Driven to acquire the knowledge to heal my patients as opposed to managing their ailments, I decided to venture out and explore the realm of alternative, non-Western, medicine. Alternative approaches to treating and curing diseases and physical conditions have been in existence for thousands of years. These approaches encompass a myriad of techniques, including the use of herbs, supplements, aromatherapy and physical manipulation. Evidence abounds that, prior to the evolution of modern medicine, the fathers of medicine used herbs and other modalities to heal the same diseases that we now treat or manage.

My newfound focus led me to a course on herbal supplements. I learned how to use muscle testing (kinesiology) to select the most appropriate vitamin and mineral supplements to address specific deficiencies within the human body. The same course included a session on how to change thought patterns and emotions using affirmations, tapping and muscle testing. There is substantial evidence suggesting one could reprogram thoughts, emotions or beliefs by repeating specific affirmations over a period of twenty-one days, along with tapping certain parts of the body. At that time, I had more than my fair share of stress, and I was in need of some reprogramming. Therefore, I spent hour after hour, day after day, tapping, repeating affirmations and muscle testing. I nearly tapped a hole in my head! I was able to obtain some results using these methods but not at the pace that I desired.

One night while reciting the affirmations, without tapping, but just focusing on an issue, I realized that my perspective on that issue had instantly changed in a positive way. Initially I had muscle tested that issue and it was weak. Afterwards when I muscle tested the issue it was strong. To assure myself that this was no fluke, I tried another issue and,

similarly, there was an instant change. These results made me reexamine the prior experiences I had with my patients and muscle testing. Previously, when I performed muscle testing on patients with various supplements I would get inconsistent results. One moment a patient would test strong, the next moment the patient would test weak, all while using the same supplement. I realized that by changing my thoughts, I could affect the outcome of the muscle testing. If I wanted the patients to test strong they would test strong and if I wanted them to test weak they would test weak. I became aware that I could affect the thoughts and emotions of others (with their assistance) much in the same manner that I was able to change instantly my own thoughts and emotions.

With these discoveries, my journey took an unexpected turn. Every day for the next nine years, I spent literally four to twelve hours a day searching and exploring my inner self. My intention was to uproot every negative thought, belief, and emotion that resided within me and either eliminate it or change it to a positive. I would use various combinations of positive words and phrases in an attempt to make a permanent change. I used countless affirmations, targeting the Ego, the Subconscious Mind, the Conscious Mind, the Higher Self and others. I targeted anything within me that I thought would listen. After many years, I finally settled on targeting my "Inner Self". I did not know that when I started the journey that I would have to relive and suffer through my darkest hours. I experienced emotions of sadness, depression, hopelessness, helplessness and fear. I thought and felt things that I would never have imagined were a part of me.

During the course of my transformation, I experienced many highs and lows. I would walk in the dark, inside my home in Hyde Park/Kenwood, for countless hours trying to resolve intense emotional feelings or remove negative thoughts and impulses, not having an idea from where they originated. I suspected that my family thought that I was losing it. In fact, the opposite was happening; I was coming into a state of clarity. Fortunately, I undertook my journey, and although my

journey is not complete, I have finally reached a level of success and satisfaction and I feel that I am on the right path.

Over the years, I have helped thousands of people overcome many problems, ranging from depression, suicidal thoughts, post-traumatic stress, phobias, low self-esteem, confidence issues, and various addictions. Fortunately, for them, when they repeat the affirmations the changes happen so quickly that they do not have to relive or experience any unwanted pain. Other than for someone who is completely out of touch with reality, I have not encountered a problem that I was not able to help or eliminate. I have been successful in helping people face to face, by telephone and through audio recordings and the use of written affirmations.

On numerous occasions, people have asked how it is that I can instantly make changes in thoughts, feelings and beliefs. Truthfully, I do not have a concrete explanation. I do know that when I have someone repeat an affirmation I can detect a subtle energy flowing through my body. When I stop repeating the affirmations, the energy flow ceases. The main challenge over the years was to find the right word and phrases that resonated with my inner self and made the appropriate change. I found that once I changed my inner self's thoughts, feelings or beliefs mine would also instantly change. I found that if the words resonated with my inner self it would resonate with anyone's inner self.

The affirmations in this book are for positive transformation. The intent of the affirmations is to make an instant and permanent change. If you decide to change the words, for whatever reason, chances are they will not work.

Within this book, I have included a variety of topics: depression, anxiety, recovering from sexual assault, correcting behavioral disorders, increasing confidence, improving self-esteem, affirmations for children and teenagers, affirmations for parents, weight loss, tobacco and alcohol cessation, and many others. I recommend that you use as many of the affirmations as possible, in order to address the inevitable internal

resistance and denial. There will be no harm in repeating any of the affirmations.

The purpose of this book is to eliminate as much negative energy within you and within our society as possible. The purpose is to help those in need of emotional, physical, mental and spiritual relief. To use this book effectively, choose a topic, and then silently, in your mind, repeat the affirmation a minimum of three to five times, and move on to the next affirmation. You will become more relaxed and detect a shift in consciousness. Some have reported warm feelings throughout their bodies. The majority of people experience a feeling of lightness, as if a load has been lifted. Along with the physical sensations, you will also detect a positive change in how you perceive the problem that you were addressing or that it no longer exists.

If you desire, you can return to any of the affirmations as often as you like. The words of the affirmations are empowered so that you can read the affirmations to anyone and, when they repeat the affirmations as instructed, they will get the intended results. The affirmations can be read to any size group of people, all will get the intended results if they repeat the affirmations as instructed. You can even translate the affirmations into a different language for someone who does not speak English. I usually have people close their eyes while repeating the affirmations, to get into a more relaxed state, but it is not necessary.

I sincerely thank you for selecting and using this book. I am certain that you will find this book to be valuable and that it lives up to its name, "The Most Powerful Book of Affirmations Ever Written". If you know of anyone who can be helped by this book please spread the word, for we are truly all in this together.

Dr. Sheldon T. Ceaser
April 26, 2013

INSTRUCTIONS ON PROPER USE OF THE AFFIRMATIONS

When using this book, choose an issue and repeat each of the listed affirmations. Repeat each silently to yourself, for a minimum of three to five times. Then move on to the next affirmation. If you desire, you can return to the affirmations as often as you like. If you are reading the affirmations to someone, have them repeat the affirmations silently, in their mind, three to five times. I usually have people close their eyes to get into a more relaxed state, but this is not necessary. As an example please repeat the following two affirmations to yourself three times:

My Inner Self Is Always Positive.

My Inner Self Believes That I Should Always Be Positive.

CHAPTER 1

Overcoming Negative Emotional States

STRESS

1. My inner self never believes that anything is stressful for any reason.
2. My inner self is never stressed for any reason.
3. My inner self does not believe that I should feel stressed for any reason.
4. My inner self believes that it is always possible to be stress-free under any condition.
5. My inner self never feels that anything that I am doing is stressful for any reason.
6. My inner self never feels pressured for any reason.
7. My inner self is never stressed at work for any reason.
8. My inner self is never stressed by personal relationships for any reason.
9. My inner self is never stressed by family, friends or strangers for any reason.
10. My inner self is never stressed when competing.
11. My inner self is never stressed when attempting to meet a deadline.
12. My inner self is never stressed about finances.
13. My inner self is never stressed about money.
14. My inner self is never stressed when things do not go according to plans.
15. My inner self is not stressed by anything that happened in the past.

16. My inner self is not stressed by anything that is happening now.
17. My inner self is not stressed about anything that may happen in the future.
18. My inner self never feels overwhelmed for any reason.
19. I do not believe that my inner self should feel overwhelmed.
20. My inner self does not believe that I should ever feel overwhelmed.
21. My inner self never becomes frustrated for any reason.
22. My inner self never feels agitated for any reason.
23. My inner self does not believe that I should ever feel agitated for any reason.
24. My inner self is never stressed by natural calamities or disasters.
25. My inner self is never stressed about unfulfilled desires, unfulfilled wishes, unfulfilled needs or unfulfilled prayers.
26. My inner self never feels stressed for unknown reasons.
27. My inner self does not believe in doing harmful things to relieve stress.
28. My inner self is always able to calm its mind and relax under any condition.
29. My inner self believes that I should be able to calm my mind and relax under any condition.
30. My inner self never needs fear or stress to do what needs to be done.
31. I do not believe that I should feel tense for any reason.
32. My inner self never feels tense for any reason.
33. My inner self does not believe that I should feel tense for any reason.
34. My inner self does not believe that I should feel stressed for any reason.

ANXIETY AND PANIC DISORDERS

1. I do not believe that my inner self should panic under any condition for any reason.
2. My inner self never panics under any condition for any reason.
3. My inner self never feels like panicking for any reason.
4. My inner self never feels panicky.
5. My inner self does not panic and does not believe that I should ever panic for any reason.
6. My inner self does not believe that I should feel like panicking for any reason.
7. My inner self does not believe that I should ever feel panicky.
8. My inner self is not afraid of anything or anyone, and does not believe that I should feel afraid for any reason.
9. My inner self does not believe that there is anything to fear.
10. My inner self is not anxious about anything that happened in the past.
11. My inner self is not anxious about anything that may happen in the future.
12. My inner self never feels anxious for any reason.
13. My inner self does not feel anxious.
14. My inner self does not believe that I should feel anxious for any reason.
15. My inner self never feels anxious for unknown reasons.
16. My inner self never feels anxious about past, present or future events for any reason.
17. My inner self never feels anxious when under pressure or in stressful situations for any reason.
18. My inner self never feels anxious about what someone else is experiencing.
19. My inner self does not believe that I should ever feel anxious because of unfulfilled desires.
20. My inner self never feels anxious, nervous, tense or fearful for any reason.
21. My inner self does not believe that I should feel anxious.

22. My inner self does not believe that there are any reasons to be anxious.
23. My inner self believes that I should relax and be calm.

FEARS AND PHOBIAS

1. I do not believe that my inner self should fear anything.
2. My inner self never feels fear.
3. My inner self does not believe that I should fear anything for any reason.
4. I do not believe that my inner self should feel afraid for any reason.
5. My inner self does not believe that I should feel afraid for any reason.
6. My inner self never feels frightened for any reason.
7. I do not believe that my inner self should dread anything for any reason.
8. I do not believe that my inner self should react out of fear for any reason.
9. I do not believe that my inner self should feel terrorized for any reason.
10. My inner self is never terrified of anything for any reason.
11. I do not believe that my inner self should feel terrified for any reason.
12. My inner self never feels vulnerable for any reason.
13. My inner self never feels threatened for any reason.
14. My inner self is not afraid of being robbed.
15. My inner self is not frightened by anything or anyone for any reason.
16. My inner self never feels insecure for any reason.
17. My inner self never feels unsafe for any reason.
18. My inner self never feels apprehensive for any reason.

19. My inner self believes that I am able to conquer all of my fears.
20. I believe without a doubt that I am able to conquer all of my fears.
21. I want to conquer all of my fears.
22. My inner self will never fear death for any reason.
23. My inner self is not fearful of anything that happened in the past.
24. My inner self will never be fearful of what may happen in the future.
25. My inner self feels safe and secure and never feels unsafe for any reason.
26. My inner self does not believe that I should ever be afraid for any reason.
27. My inner self does not feel it will be harmed in any way.
28. My inner self never feels afraid that any harm will happen to my loved ones or me.
29. My inner self will never feel afraid of failing for any reason.
30. My inner self is never afraid of taking chances.
31. My inner self does not believe that I should be afraid of taking chances unless it is not worth the consequences.
32. My inner self never takes unnecessary chances or risks.
33. My inner self never feels afraid of making mistakes or messing up.
34. My inner self is never fearful of what people are thinking.
35. My inner self does not feel that it is ever all right for me to feel afraid for unknown reasons.
36. My inner self will never be afraid of the afterlife.
37. My inner self is not afraid of losing anything for any reason.
38. My inner self is not afraid of dying and leaving loved ones behind.
39. My inner self does not feel afraid.
40. My inner self does not feel afraid even in dangerous or life-threatening situations.
41. My inner self never needs fear to do what needs to be done.
42. My inner self never reacts out of fear for any reason.

43. My inner self does not believe that there is anything to fear.
44. My inner self believes that, without a doubt, all my fears have been overcome.
45. My inner self always feels brave.
46. My inner self believes that I should feel safe.
47. My inner self never feels claustrophobic for any reason.
48. My inner self does not think that I should feel afraid in enclosed, small spaces, for any reason.
49. My inner self does not believe that any harm will come to me when I am in enclosed spaces.
50. My inner self is not affected in small, enclosed spaces.
51. My inner self does not believe that I should be affected when in enclosed spaces.
52. My inner self is never fearful of performing in public.
53. My inner self does not believe that I should be fearful of performing in public.
54. My inner self never feels afraid of speaking in public for any reason.
55. My inner self does not believe that I should be fearful of speaking in public.
56. My inner self never feels afraid of flying for any reason.
57. My inner self does not believe that I should be afraid of flying.
58. My inner self never feels afraid of driving for any reason.
59. My inner self does not believe that I should be afraid of driving under any weather condition or at any normal speed.
60. My inner self never feels afraid of heights for any reason.
61. My inner self does not believe that I should be afraid of heights.
62. My inner self never feels afraid of snakes for any reason.
63. My inner self does not believe that I should be afraid of snakes.
64. My inner self is not afraid of mice or rats.
65. My inner self does not believe that I should be afraid of mice or rats.

66. My inner self does not believe that I should be afraid of clowns.
67. My inner self is fearless.

WORRY

1. My inner self does not believe that worrying will ever accomplish anything.
2. My inner self does not believe that I should worry about things that might happen for any reason.
3. My inner self does not believe that I should worry about myself for any reason.
4. My inner self does not believe that I should worry about anyone for any reason.
5. My inner self never worries about finances for any reason.
6. My inner self never worries for any reason.
7. My inner self does not believe that I should ever worry about my safety or anyone else's safety.
8. My inner self believes that I should always be careful and cautious, and never reckless.
9. My inner self never worries about what other people are thinking.
10. My inner self never worries about how people feel about me.
11. My inner self never worries about making mistakes.
12. My inner self never worries about failing for any reason.
13. My inner self does not think that I should ever worry about things that happened in the past for any reason.
14. My inner self does not believe that I should ever worry about anything that is happening now.
15. My inner self does not believe that I should ever worry about future events.
16. My inner self does not feel worried.
17. My inner self does not believe that I should feel worried for any reason.

18. My inner self believes that, without a doubt, one can always be worry-free.
19. My inner self believes that I should feel that everything is going to be all right.

SUICIDE

1. My inner self wants to be helped.
2. I believe that my inner self wants to be helped.
3. Nothing can make me want to end my life for any reason.
4. My inner self will never feel that I do not have a reason to live.
5. My inner self will never think or feel that nothing matters.
6. My inner self does not believe that anything is unbearable.
7. My inner self will never feel helpless for any reason.
8. I do not believe that I should ever harm myself in any way, for any reason.
9. My inner self does not believe that I should harm myself.
10. My inner self will never be self-destructive for any reason.
11. My inner self is not negatively affected by things that happened in the past for any reason.
12. My inner self feels that life is always worth living, no matter what I am going through.
13. My inner self always feels that its life is meaningful.
14. My inner self believes that I have a reason and a purpose to continue living.
15. My inner self believes that I should never feel, for any reason, that my life is not worth living.
16. My inner self never feels like giving up for any reason.
17. My inner self will never feel as if it cannot continue living for any reason.
18. My inner self does not feel that life is not worth living and never will feel that way for any reason.

19. My inner self will never be tired of living for any reason.
20. My inner self will never lose interest in living for any reason.
21. My inner self will never feel, for any reason, that life has no meaning.
22. My inner self always desires to live.
23. My inner self wants to live.
24. My inner self believes that I should want to live.
25. My inner self will never feel like committing suicide for any reason.
26. My inner self does not believe that I should ever feel like committing suicide for any reason.
27. My inner self does not want to die.
28. My inner self does not believe that I should ever feel like harming myself in any way.
29. My inner self always cares about living.
30. My inner self will never wish that it were dead for any reason.
31. My inner self does not believe that I should ever wish that I were dead for any reason.
32. My inner self does not believe that I should kill myself for any reason.
33. My inner self desires to live.
34. My inner self believes that I am able to recover completely from the incident leading up to my decision or desire to commit suicide.
35. My inner self no longer feels sad or depressed.
36. My inner self no longer feels that suicide is the solution to my problems.
37. My inner self will never believe that suicide is an option.
38. My inner self feels neutral to all bad memories and bad experiences.
39. My inner self believes I will find a way to survive and thrive.
40. My inner self never believes that all is lost.

41. My inner self always loves life.
42. My inner self loves me.
43. My inner self believes that I should love myself.
44. I love myself.
45. My inner self is no longer suffering.
46. My inner self is no longer in pain.
47. My inner self no longer hurts.
48. My inner self has always been resilient and adaptable and my inner self will adapt.
49. My inner self does not believe in committing suicide.
50. My inner self does not want me to commit suicide.
51. My inner self cares about living.
52. My inner self will always have the will to survive.
53. My inner self does not think or feel that my life is sad or depressing.
54. My inner self believes that I will find a way to adapt and overcome this present situation.
55. My inner self believes that I will find a way to be happy.
56. My inner self believes that it should always be happy.
57. My inner self believes that I should always be happy.

POST-TRAUMATIC STRESS DISORDER

1. My inner self is able to recover rapidly from any traumatic event.
2. My inner self does not feel traumatized.
3. I do not believe that my inner self should ever feel traumatized for any reason.
4. My inner self does not believe that I should ever feel traumatized.
5. I do not believe that my inner self should suffer for any reason.
6. My inner self is not suffering.

7. My inner self is not feeling any pain or hurt.
8. I do not believe that my inner self should feel pain or hurt for any reason.
9. I do not believe that my inner self should feel traumatized by anything that happened in the past for any reason.
10. I do not believe that my inner self should feel any pain or suffering related to the past for any reason.
11. My inner self feels completely recovered from all of my past negative experiences.
12. My inner self believes that I should feel completely recovered from all of my past negative experiences.
13. My inner self never feels upset when talking about traumatic events.
14. My inner self will always recover, quickly and completely, from any traumatic event.
15. My inner self feels completely neutral to all past traumatic events.
16. My inner self feels completely neutral to all bad memories and bad experiences.
17. My inner self is never affected by traumatic events that happened in the past for any reason.
18. My inner self is completely over all traumatic events.
19. My inner self's mind is never preoccupied with traumatic events.
20. My inner self is not angry or upset about any traumatic event.
21. My inner self is not sad or depressed and will not be sad or depressed for any reason.
22. My inner self does not feel victimized.
23. My inner self is strong and resilient.
24. My inner self truly wants to let go of the past and move on.
25. My inner self believes that I should let go of the past and move on.
26. My inner self believes that I should be able to talk about any traumatic experiences without them having a negative effect on me.
27. My inner self believes that I should be able to remember any

traumatic experiences, if I desire, without them having a negative effect on me.

28. My inner self believes that I should forgive all those involved, in any way, in all traumatic events that I have experienced.
29. My inner self believes that I will find a way to adapt and overcome this present situation.
30. My inner self feels relieved.
31. My inner self believes that I should feel at peace with the past.

ANGER

1. My inner self cannot be irritated or angered by anyone or anything, for any reason.
2. My inner self does not believe that I should feel angry or upset for any reason.
3. My inner self can never be provoked for any reason.
4. I do not believe that my inner self should feel hostile for any reason.
5. My inner self never holds animosity towards anyone, for any reason.
6. My inner self will never feel like exploding for any reason.
7. My inner self is never violent or destructive for any reason.
8. My inner self never feels violent or destructive for any reason.
9. My inner self never feels combative for any reason.
10. My inner self will never desire to kill anyone or anything, for any reason.
11. My inner self does not believe that I should ever overreact for any reason.
12. My inner self does not believe that I should be angry with myself for any reason.
13. My inner self does not become upset for any reason.
14. I do not believe that my inner self should become upset for any

reason.

15. My inner self is never bitter for any reason.
16. My inner self never loses control for any reason.
17. My inner self never feels mean for any reason.
18. My inner self never acts mean for any reason.
19. My inner self never feels confrontational for any reason.
20. My inner self never thinks about committing violent or destructive acts for any reason.
21. My inner self does not believe that I should ever lose control of my temper for any reason.
22. My inner self never feels angry for any reason.
23. My inner self does not believe that I should become angry for any reason.
24. My inner self does not believe that I should be angry.
25. My inner self does not believe that I should feel angry.
26. My inner self does not believe that I should ever lose control of my emotions for any reason.
27. My inner self believes in settling all disagreements without becoming angry.
28. My inner self never has angry thoughts.
29. My inner self does not believe that I should commit violent or destructive acts out of anger.
30. My inner self does not believe that I should ever harm anyone out of anger.
31. My inner self does not think that I should ever seek revenge out of anger.
32. My inner self does not think I should react angrily for any reason.
33. My inner self believes that any situation can be handled without becoming angry.
34. My inner self never thinks violent, destructive or harmful thoughts for any reasons.
35. My inner self does not think that I should ever harm myself out of

anger.

36. My inner self is not angry about anything that happened in the past.
37. My inner self does not believe that I should be negatively affected if anyone talks to me in a way that I do not like.
38. My inner self does not believe that I should feel or think negatively for any reason.
39. My inner self does not become angry for any reason.

REGRETS AND RESENTMENTS

1. My inner self does not believe that I should feel any regrets about anything that happened in the past.
2. My inner self does not resent anyone or anything.
3. My inner self does not believe that I should ever feel resentful.
4. All regrets have been permanently eliminated.
5. All resentments have been permanently eliminated.

SADNESS AND DEPRESSION

1. My inner self never feels that anything is depressing for any reason.
2. My inner self does not feel sad or depressed, and will never feel sad or depressed for any reason.
3. My inner self believes that it is all right for me not to feel sad or depressed and to never feel sad or depressed for any reason.
4. My inner self does not believe that I should be sad or depressed because of present situations for any reason.
5. My inner self will never feel sad or depressed about anything that happened in the past for any reason.
6. My inner self never feels sad or depressed about any future event.

7. My inner self never feels sad or depressed because of the weather.
8. My inner self does not believe that I should feel sad or depressed because of the day of the week or the month of the year.
9. My inner self never feels sad or depressed because of financial issues.
10. My inner self does not feel sad or depressed without a companion.
11. My inner self does not feel sad or depressed when things end.
12. My inner self does not feel sad or depressed during departures.
13. My inner self does not feel sad or depressed when relationships end.
14. My inner self is always able to overcome the sadness and depression associated with the death of a loved one.
15. My inner self never feels that nothing matters.
16. My inner self never feels like crying unless it is tears of joy.
17. My inner self does not feel like crying.
18. My inner self will never lose interest in all things for any reason.
19. My inner self never feels detached for any reason.
20. My inner self believes that it should always be happy.
21. My inner self believes that I should be happy despite all that I have been through.
22. My inner self believes that I can be happy again.

REVENGE

1. My inner self does not believe that I should seek revenge for any reason.
2. My inner self does not believe that I should ever feel revengeful for any reason.
3. My inner self never feels like seeking revenge for any reason.
4. My inner self does not believe in being vindictive for any reason.
5. My inner self is not vindictive.

6. My inner self is always forgiving.

HATE

1. My inner self does not hate anyone or anything, for any reason.
2. My inner self will never hate anyone or anything, for any reason.
3. I do not believe that my inner self should hate anyone or anything, for any reason.
4. All traces of hate have been removed from my inner self.
5. I believe that all traces of hate have been removed from my inner self.
6. My inner self never has feelings of dislike or hate for anyone, for any reason.
7. My inner self does not believe that I should ever have feelings of dislike or hate for anyone, for any reason.
8. My inner self will always have a good heart that is filled with love and joy.

GRIEF

1. My inner self does not believe that anything is unbearable.
2. My inner self does not believe that I should grieve for a long period of time.
3. My inner self does not grieve.
4. My inner self can rapidly overcome any painful event.
5. My inner self will always comfort me during the times that I am grieving.
6. My inner self believes that I should be able to overcome rapidly any painful event.

BLAME

1. My inner self does not blame anyone for anything that happened in the past.
2. My inner self does not believe that I should blame anyone for anything.
3. My inner self does not believe that I should blame myself for anything that happened in the past.
4. My inner self is always forgiving.

SORROW AND PITY

1. My inner self does not need to feel sorrow or pity to help someone.
2. My inner self never wants anyone's pity.
3. My inner self never feels sorry or pity for anyone.
4. My inner self is always concerned, compassionate and caring.
5. My inner self is always motivated to help those in need.
6. My inner self believes that I should always be motivated to help those in need.

SUFFERING

1. My inner self does not believe that my loved ones who have made their transition ever want me to suffer because of their departure.
2. My inner self does not have negative thoughts or feelings about death.
3. My inner self does not see death as the end of one's journey, but as a continuation of the journey.
4. My inner self does not believe that I should have any negative thoughts or feelings when thinking about departed loved ones.
5. My inner self believes that I should only have pleasant thoughts and feelings when thinking about departed loved ones.

6. My inner self does not believe that I should become sad or depressed on the anniversary of a loved one's transition.
7. My inner self never suffers for any reason.
8. My inner self does not want to suffer for any reason.
9. My inner self does not want me to suffer for any reason.
10. My inner self does not believe that I should suffer for any reason.
11. I am no longer suffering.

OBSESSIVE-COMPULSIVE BEHAVIOR

1. My inner self does not believe that I should be obsessive-compulsive for any reason.
2. My inner self never believes that I always have to do things a certain way.
3. My inner self is always open to changing the way that things are done.
4. My inner self does not believe that I must follow the same routine every day or that I should be opposed to changing.
5. My inner self is not obsessive or compulsive.
6. My inner self is never negatively affected if things are not done a certain way.
7. My inner self does not believe that I should be affected if things are not done a certain way.
8. My inner self is never negatively affected if things are not in a certain order.
9. My inner self does not believe that I should be affected if things are not done in a certain order.
10. My inner self never has uncontrollable negative impulses.
11. My inner self does not believe that I should ever have uncontrollable negative impulses.

MENTAL INSTABILITY

1. My inner self never feels as if it is losing control of its mind for any reason.
2. My inner self will never feel disinterested in all things for any reason.
3. My inner self always thinks rationally.
4. My inner self never thinks irrationally for any reason.
5. My inner self does not believe that I should feel that the whole world is against me.
6. I do not believe that my inner self should become delusional for any reason.
7. My inner self is not delusional.
8. My inner self will never feel delusional.
9. I do not believe that my inner self should ever go insane for any reason.
10. My inner self is not insane.
11. I do not feel as if I am losing my mind.
12. I do not believe that my inner self should be overly possessive for any reason.
13. I do not believe that my inner self should feel paranoid for any reason.
14. My inner self does not believe that I should feel paranoid.
15. My inner self is not paranoid.
16. My inner self does not feel that anyone is coming to harm me.
17. My inner self does not feel that the whole world is plotting against me.
18. My inner self is not suspicious of everyone.
19. My inner self does not believe that I should be suspicious of everyone.
20. My inner self never distrusts everyone.
21. My inner self does not believe that anything within me should try

to force me to do negative things against my will for any reason.

22. My inner self does not believe that I should hear negative internal voices at any time.
23. My inner self believes that all internal voices should be positive.
24. My inner self never feels as if it is losing its mind.
25. My inner self does not believe that I should ever feel as if I am going crazy.
26. My inner self does not believe that I should ever feel that I am about to have a nervous breakdown.
27. My inner self does not believe that everyone is against it and will never believe it for any reason.
28. My inner self does not believe that everyone is jealous of it.
29. My inner self never feels cold or callous for any reason.
30. My inner self will never feel out of touch with reality for any reason.
31. My inner self will never feel as if negative forces, whether internal or external, are controlling it.
32. My inner self is never negative, evil or sinister.
33. My inner self never feels negative, evil or sinister.
34. My inner self does not believe that I should feel or think negatively for any reason.
35. My inner self does not have another personality that is negative.
36. My inner self always feels good and positive.

DOUBTS

1. My inner self never doubts its abilities.
2. My inner self never doubts itself.
3. My inner self does not believe that I should doubt myself.
4. My inner self does not believe that I should ever doubt my abilities.

5. My inner self never doubts that all things are possible.
6. My inner self will never let doubts, whether mine or those of others, negatively influence me in any way.
7. My inner self does not believe that I should ever doubt myself for any reason.

REMORSE

1. My inner self always feels remorse when I do something that is not right.
2. My inner self believes that I should always feel remorseful when I do something that is not right.

FALSE PRIDE

1. My inner self is never too proud to admit when it is wrong.
2. My inner self is never too proud to apologize for any reason.
3. My inner self is never too proud to ask for help.
4. My inner self's pride will never be negatively affected by anyone for any reason.
5. I will not let my pride negatively affect me in anyway.

PROCRASTINATION

1. I do not believe that my inner self should ever delay doing things that need to be done now for any reason.
2. My inner self never delays in doing things that need to be done now.
3. My inner self does not believe that I should delay in doing things that need to be done now.
4. My inner self does not procrastinate.

5. My inner self does not believe that I should procrastinate for any reason.
6. My inner self does not believe that I should make excuses for not doing things that need to be done now.
7. My inner self never wants to wait until the last minute to do anything for any reason.
8. My inner self is always in the right state of mind to do what needs to be done now.
9. My inner self believes that I should always feel like doing what needs to be done.

EXCUSES

1. My inner self never makes excuses for any reason.
2. My inner self does not believe that I should make excuses.
3. My inner self does not believe that I should ever make excuses for not doing what needs to be done.
4. My inner self believes that I should always take personal responsibility for my actions.

CHAPTER 2

Enhancing and Creating Positive Emotional and Mental States

MOTIVATION

1. My inner self does not believe that I should ever be unmotivated for any reason.
2. My inner self always motivates and encourages me to do what needs to be done.
3. My inner self will always find a way to motivate me to do what I need to do.
4. My inner self is never unmotivated.
5. My inner self never feels unmotivated for any reason.
6. My inner self does not believe that I should ever feel unmotivated for any reason.
7. My inner self feels motivated to do all the things that need to be done today.
8. My inner self feels motivated to do all the things I want to do today.
9. My inner self believes that I should always feel like doing everything that needs to be done.
10. My inner self believes that I should always function at my best, even under adverse conditions.
11. My inner self always has the courage to do anything.
12. My inner self is always motivated to work extremely hard to obtain that which I desire.

13. My inner self feels motivated to do the things that need to be done.
14. My inner self is motivated to improve my present situation.
15. My inner self is always motivated to be successful.
16. My inner self is always motivated to be prosperous.
17. My inner self is always motivated to put forth the effort to accomplish my goals.
18. My inner self is always motivated to help others.
19. My inner self is always motivated to do good things.
20. My inner self is always motivated to be protective.
21. My inner self is always motivated to look out for others' well-being.
22. My inner self is always motivated to excel at any undertaking.
23. My inner self is always motivated to be happy and healthy.
24. My inner self is always motivated to learn new things.
25. My inner self is always motivated to develop new skills.
26. My inner self is always motivated to be productive.
27. My inner self is always motivated to be the best it can possibly be.
28. My inner self believes that I should always be motivated to do my best and be the best that I can possibly be.
29. My inner self never feels stagnated.
30. I do not believe that my inner self should ever feel stagnated.
31. My inner self does not believe that I should ever feel stagnated.
32. My inner self always feels motivated.

CONFIDENCE

1. My inner self is always confident and its confidence cannot be negatively affected by anyone or anything, for any reason.
2. My inner self will never feel as if it is incapable of doing anything, for any reason.

3. My inner self does not believe that there is anything wrong with my confidence.
4. My inner self believes that I should always feel confident.
5. My inner self believes that I should always be able to imagine myself confidently doing anything.
6. My inner self never lacks confidence in anything.
7. My inner self always has the courage to do anything.
8. My inner self always feels confident about everything.
9. My inner self believes that I should always be confident in my abilities and myself.
10. My inner self believes that I should always think and act confidently.
11. My inner self believes that I should always walk, talk and act confidently.
12. My inner self always feels confident.
13. My inner self believes that it is all right for me always to feel confident.
14. My inner self feels confident that it can excel at anything.
15. My inner self feels confident that it can succeed at anything.
16. My inner self feels that it can do all things just as good, if not better, than anyone else can do them.
17. My inner self feels confident in doing things that it has never done before.
18. My inner self believes that I should feel confident in doing things that I have not done before.
19. My inner self always feels confident about making the right decisions.
20. My inner self always feels confident that things will work out according to plans and expectations.
21. My inner self feels confident that I will be successful.
22. My inner self's confidence is never negatively affected by past events.
23. My inner self believes that I should feel confident that I could do

anything.

SELF-ESTEEM

1. I do not believe that anything can ever demoralize my inner self.
2. My inner self never feels demoralized for any reason.
3. My inner self does not believe that I should ever feel demoralized.
4. My inner self never feels ashamed about anything that happened in the past.
5. I do not believe that my inner self should feel ashamed of anything that happened in the past for any reason.
6. I do not believe that my inner self should feel embarrassed about anything that happened in the past for any reason.
7. My inner self does not feel ashamed and will never feel ashamed for any reason.
8. My inner self does not feel embarrassed and will never feel embarrassed for any reason.
9. My inner self does not believe that I should ever feel ashamed or embarrassed for any reason.
10. My inner self does not feel traumatized and will never feel traumatized for any reason.
11. My inner self will never have a low self-esteem for any reason.
12. My inner self's self-esteem will always be high.
13. My inner self never feels insecure for any reason.
14. My inner self does not believe that I should ever allow myself to be taken advantage of, for any reason.
15. My inner self always feels wanted.
16. My inner self never feels unwanted for any reason.
17. My inner self always believes I should feel gifted.
18. My inner self never feels out of place for any reason.
19. My inner self never feels as if it does not belong for any reason.