

Creating affirmations.

Affirmations are short positive belief statements that can be used powerfully to alter perceptions of the self or of a situation that one is in. Numbers of books and packs of affirmation cards exist and some people may find them useful. I confess to finding many trite and annoying. However their power is not to be doubted for some people.

To create affirmation statements that are rooted in the client experience use a process like this:-

What is the negative self-belief?
What is the evidence that counters it?
How can you reframe the negative self – belief as a positive belief statement.

Nobody loves me.

Who are the people who have shown you/ show you love at the moment.
I am loved by many of the people around me.

What is the negative self-belief?
What is the evidence that counters it?
How can you reframe the negative self – belief as a positive belief statement.

I always fail

Think of a time you succeeded at something in the past.
I am a clever and skilful person.

Note:

- The message should not be a simple negation. To use a statement like 'I am not sad' keeps the possibility of sadness firmly in the mind.
- Ideally, they should always begin with an 'I' statement or the word 'my'.
- It is useful if the message is a description of a present reality rather than a past or a future state.

Some examples:-

- I am able to deal with barriers that block me meeting my goals..
- I am able to admit to making mistakes.
- I am a confident and intelligent woman.

Maya Angelou wrote one of the most amazing affirmations of all time:-

- 'I walk into a room as if I have diamonds between my thighs.'

Using affirmations.

The clichéd use of the affirmation is the person repeating into the mirror the phrase 'I am a beautiful and intelligent person.' It works for some people. However, it is useful for the person to be running it through their mind like a mantra for a few minutes now and again each day. It is especially important

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when the person is likely to be in a situation that the affirmation directly relates to.

One of the things that often happens in a crisis is that people forget everything they have ever done or achieved and become like small terrified children. The affirmation can serve to remind the person of who they really are or what they have learned to do.

The more the affirmation is repeated and becomes part of the person the easier it is to be recalled when it is needed.

For additional information on creating affirmations see:-

<http://www.infiniteinnovations.co.uk/subliminal/howtowritegoodsubliminalmessages.html>