

Affirmations

When painful judgments of yourself or others arise, you can try reprogramming the mind with affirmations.

These affirmations only work when you know them to be true intellectually. If you don't believe them to be true, then it is less likely they will work. Make sure you have reasoned out the truth of your affirmations before you practice them.

Affirmations are like mantras; you can say them to yourself over and over when you experience painful insufficiencies or judgments. Here are just a few to consider. You can make up your own:

- I am enough.
- I have enough.
- This is sacred. I am sacred. Everyone is sacred. Everything is sacred.
- I am good, whole, and lovable as I am, with all my imperfections.
- I am worthy of receiving love.
- I am loved.
- I am whole.
- My essence is goodness.

There are lots of different affirmations. Pick or create one that means the most to you. Some people start each day saying an affirmation to themselves in the mirror. That can be very powerful.

There is a similar technique, which you might call “**Negation**” technique. It starts by feeling pain, and asking what this pain would say if it had a voice. If you are lonely, for example, the pain of loneliness might be saying, “No one will ever love me,” or, “I am unlovable.” The negation would be to say, firmly, emphatically, and repeatedly, “*I am NOT unlovable!*” until the painful thought is erased/negated. I'm not sure how well this works, but I've seen examples of people practicing these “Negations.”

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