

AFFIRMING A POSITIVE SELF



SELF THE POWER OF AFFIRMATIONS

UTILIZING THE POWER OF AFFIRMATIONS TO
DRIVE POSITIVE CHANGE WITHIN OURSELVES

SUSAN EH THOMAS

Affirming A Positive Self

We all experience days when we are hard on ourselves. We tell ourselves we are stupid, not good enough, not thin enough, and not pretty enough. To experience a day like this occasionally, isn't unusual. We all do it.

*"I respond peacefully
in all situations."*

But when we do this to ourselves daily, chances are we're dealing with something much bigger than a bad day. A much deeper problem is at play. One that needs to be squashed before it becomes disastrous, if it hasn't already.

You see, when you repeatedly and consciously belittle yourself, your sub-conscious believes what you say is true. And then these thoughts very quickly become self-fulfilling or rather...true.

However, by turning the tables on our conscious and sub-conscious mind, we can use this to our advantage by utilizing the power of affirmations to drive positive change within ourselves.

Habits are as hard to make as they are to break. However, if it's easy for you to repeatedly tell yourself *"you're not good enough"* ...do you think you could find it inside yourself, from this point forward; to instead tell yourself you **are** indeed *"good enough?"*

I KNOW you can! In fact, from here on out you will only speak about yourself on a positive note...never, ever negative. You don't even have to believe it at first. Most of us don't. But eventually your sub-conscious mind will catch up with your conscious mind and they'll be on the same conscious brain waves. I PROMISE! But there is a certain way as you'll soon see. And it's **really** important to me you're utilizing your affirmations to grow happy, and strong!

So, before we get into what you may already know about affirming a positive self, we need to get out of the way a bit of information that may make some, a bit uncomfortable; or even doubt the power of or the reason for the existence of self-affirmations.

Please, bear with me. Sometimes, you need to weed through the negative [or what feels like a negative] to get to the good. As this is the only way to get a complete understanding, of how all this works.

While I'm not going to re-write, what has already been very well explained at PsychologyToday.com, I am going to give you a brief explanation for it.

Canadian researcher, Dr. Joanne Wood at the University of Waterloo and her colleagues at the University of New Brunswick who have recently published their research in the Journal of Psychological Science, concluded **"repeating positive self-statements may benefit certain people, such as individuals with high self-esteem, but backfire for the very people who need them the most."**

The researchers asked people with and low self-esteem to say "I am a lovable person." They then measured the participants' moods and their feelings about themselves.

The low-esteem group felt worse afterwards compared with others who did not. However, people with high self-esteem felt better after repeating the positive affirmation--but only slightly.

The psychologists then asked the participants to list negative and positive thoughts about themselves. They found, paradoxically, **those with low self-esteem were in a better mood when they were allowed to have negative thoughts than when they were asked to focus exclusively on affirmative thoughts.**

The researchers suggest that, like overly positive praise, unreasonably positive self-statements, such as "I accept myself completely" can **provoke** contradictory thoughts in individuals in individuals with low self-esteem.

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When positive self-statements strongly conflict with self-perception, the researchers argue, there is not mere resistance but a **reinforcing** of self-perception.

People who view themselves as unlovable, for example, find that saying that when they don't really believe it, **strengthens their own negative view rather than reversing it.**

So, what does that mean for you?

Firstly, please - don't jump ship. Self-affirmations are a wonderful form of therapeutic healing. It's a dance in which the steps are beautifully choreographed specifically for you, your lifestyle, your core; who you really are deep down inside. And then those steps are honed and polished until they fit you like a glove, or rather you are performing the perfect waltz.

Affirmations should never be used for "personal validation" in which you really don't believe.

As the example above shows, if you truly "feel" unlovable, you'll find by using an affirmation to try and "convince yourself that you do" when you don't, only intensifies your negativity.

Affirmations are **not** meant "to talk you into" anything. They're not voodoo. They are **not** meant to be mixed in a black pot with frog legs, gizzards, lizards and crickets and then zapped with a magic wand so that when you read them they come true!

Affirmations are meant to change your mindset from negative to positive. That's it! Nothing more, nothing less!

By choosing an affirmation that is realistic, one you know that deep down you possess the attributes to follow through or achieve but are merely self-conscious, or lack the confidence you need to obtain whatever it is, then using an affirmation(s) is one of the best forms of treatment giving you that gentle push you need, or the boost of confidence you're looking for.

Below Are a Couple of Examples:

FOR EXAMPLE:

You are under a high-pressure performance situation such as taking an important exam or job interview.

...

"I have studied hard and am confident I will answer all of the test questions accurately."

They Are Also Very Helpful When Used in More "Generic" Scenarios.

FOR EXAMPLE:

You are a "Negative Natalie" and are always beating yourself up. Telling yourself you're stupid and no one is harder on you than yourself for making mistakes. So, you've set a goal to be kind to yourself, and forgive yourself when you've made a mistake, but you are human and habits are hard to break. So, the following is your affirmation for when you do...

...

"Today I was a little too hard on myself. I forgot to forgive myself for making a mistake. But tomorrow is a new day and I will try harder. I am human. I will make mistakes for the rest of my life and that is okay. I will forgive myself and learn from them. Tomorrow is a new day!"

Do you remember the famous skit on Saturday Night Live featuring Stuart Smalley? Stuart Smalley sat in front of his mirror and repeated his now infamous affirmation,

"I'm good enough, I'm smart enough, and gosh darn it, people like me!"

Like most of SNL skits few can argue they were indeed hilarious. And while it's more than healthy to laugh at ourselves, or to make light of a heavy situation, the truth is...there is a **lot** of power behind affirmations. And it is the one tool I believe **everyone** should have in their mental health toolbox.

As I've said before, you are your own biggest advocate. And this is one "fight" that takes strength, something that's hard to come by when you're depressed or anxious. I can't tell you how many times and how many day's I resented having to be the one to do "the heavy lifting." But I was the only one that could help myself feel better. I had no choice. And self-affirmations were one of my biggest allies.

But this is also one fight that is worth fighting for.

By affirming to yourself every day that you **are** in fact, worth it - helps you build that very strength you need to fight for the peaceful life you both want and deserve.

Resources

Online you'll find a variety of quotes to download and swipe for inspiration including inside the membership area. Don't stop there; get creative, wring every ounce of inspiration you can out of them.

- Print and laminate your favorites to carry and read throughout your day.
- Print and frame the most inspiring, sprinkle them throughout your home.
- Attach them to magnetic sheets of paper and then place them on everything metal! Your refrigerator, doors, the microwave! If it's metal...it's fair game!

Again...you'll find a ton of affirmations in the membership area that are in the form of text so that you may be as creative as you wish with them. They're also available in decorative form for download too.

But I've also listed a few reputable websites known for their expansive list of quotes. While all are not specifically geared towards "just" self-affirmations, each have sections devoted to "motivational," or "inspirational."

And truth be known, any quote can be inspiring. So long as it resonates with you, or strikes a chord, as if you were the only one they were speaking to.

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