



Guidelines for Writing an Affirmation

General instructions:

1. Use your client's words as much as possible. This way it resonates with her.
2. Write the affirmation in the present tense; "On the day of my birth II am...I feel..." The subconscious does not recognize the past or the future, only the present.
3. Use only positive expressions and words. Do not use double negatives like "I do not feel pain". Avoid negative concepts like 'pain' and instead use 'surge' or 'sensations'. The affirmation should be a word picture of what the client is inviting, and not what she is trying to avoid.
4. Use repetitions – there is no such thing as repeating the positive belief too many times. A suggestion has the power to suppress or inhibits its reverse concept in the mind.
5. Use visual metaphors sand similes: give the sensations colors and find a metaphor to the body movements. The metaphors and symbols help to create an image, a word picture. If she can see herself I her imagination giving birth at ease, she will be conditioned to act upon it.

Step one - Gather information:

1. Look for your client's motivation for what she asks for (why?)

2. Ask her what actions does she take in order to fulfil her goal?

3. Ask her how it makes her feel when she takes these actions.

4. Ask her for metaphors and symbols which can describe this new place she wants to be in, or the way she feels (As _____ as _____)

5. Can she associate this new way of being, or those emotions, with any colors, sounds or smells?

Step Two - Based on the information you gathered sit to write the affirmation for her:

1. Begin with the motivation: "Because I want...and it is important to me ..."
2. Write the actions she takes in first person "**I am** practicing...I feel...I know "
3. Write in the present tense.
4. Write with cause and effect logic: "Because I want.....I do (actions)...it makes me feel....I am being.....It feels like (Symbol/metaphor.)"
5. Use as many repetitions as possible.
6. Use simple words.

