

Your Keys to Change: Affirmations and Imagery

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it — as long as you really believe 100 percent.

Arnold Schwarzenegger

affirmation

a statement of fact or belief; sometimes called a self-talk statement

Affirmations: Your Key to Unlocking Imagination

You now know that the most powerful and effective way to control behavior is to control your self-talk. Your self-talk is the

WORDS

you use to create

PICTURES

and stimulate

FEELINGS

Notice the difference between what happens to a man who says to himself, "I have failed three times," and what happens when he says, "I am a failure."

S. I. Hayakawa

Self-talk statements or affirmations are groups of words that symbolize your mental images. Therefore, it is possible to control your mental images through words.

By using affirmations to repeatedly trigger powerful mental images of your goal, you gradually build a new dominant belief system. As you learned in Unit 2, your powerful subconscious mind moves you toward your dominant belief system.

Self-talk = mental images = motivation

The repetition of this formula creates a new dominant belief system.

Key Ingredients

There are several key ingredients in every self-talk statement or affirmation. Each statement must have the following ingredients, actual or implied.

- | | | |
|-----------|-------------------------|--|
| (I) | 1. I | The statement must be about you. |
| (AM) | 2. Present Tense | Write your statement as though the action was happening now. |
| (EXCITED) | 3. Emotion | Your words must stimulate emotion within you. |
| (RESULTS) | 4. Goal | The affirmation will contain a statement of your goal |



9. Your Keys to Change: Affirmations and Imagery

Types of Affirmations

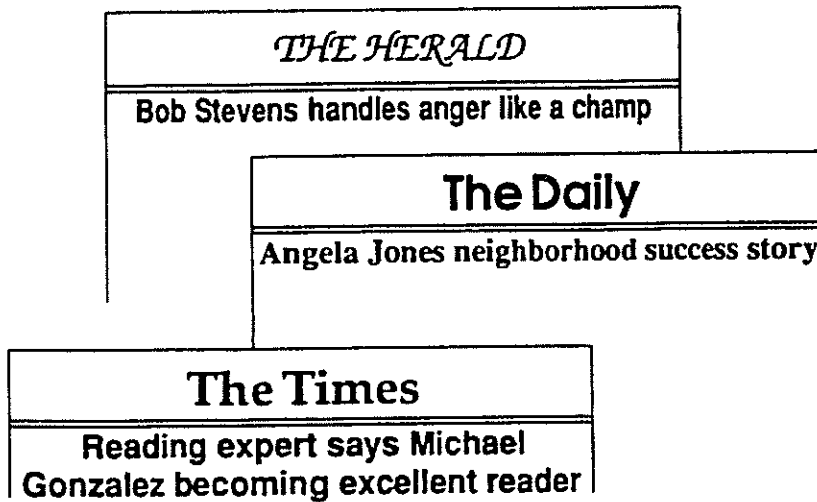
1. **Formula** I am (emotion) to be (consequence), (consequence) and (consequence), because I (goal).

The formula affirmation is very easy to use because you only need to fill in the blanks. Use a t-chart to identify consequences of reaching your goal. You can easily write several affirmations about one goal using different emotions and consequences in each.

2. **Labels/Titles** Titles such as **Dr. Ronald Kuhn** are often very powerful motivators and generate exciting mental images. Titles can contain all the key ingredients of good affirmations. They can be personal, stated in the present tense, imply emotion and represent the goal.

Other labels/titles: John Smith, **Smooth Reader**
 Barbara Brown, **Master of Inner Power**
 Juanita Perez, **Employee of the Month**
 Bill Longfellow, **Young, Sober and Free**

3. **Newspaper headlines** Write some of your affirmations as though they were the headlines in your daily newspaper.



Why can't a man living in Winston-Salem N.C. be buried west of the Mississippi River?



4. **Action words in affirmations**
Sometimes it is hard to believe an affirmation that states your goal as though it was finished. It may be more believable and powerful to use words that trigger a picture of moving toward your goal. Note the difference between the affirmations on the left and those on the right. The affirmations on the right use action words.

I am an excellent speller.

I am excited because I am **becoming** a better and better speller every day!

I am a success in my probation.

I am proud to be **getting** healthier, **holding** my job and **making** my family proud of me now that I am **following** the rules of my probation.

Innervisions Exercise: Decision-Making About Alcohol Use

In the last unit you may have discovered some self-talk statements or rules that you may want to change. Select one of your old rules or old self-talk statements and write a goal to change it. Then complete the t-chart.

Example:

Old Action — Need to drink to have fun at parties.

Old Self-Talk — "I can't talk to people when I'm sober."

New Goal — to be comfortable meeting and talking to people when I'm straight.

T-CHART

Goal _____

+ - Consequences of not moving toward the goal

+ - Consequences of moving toward the goal

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Look at each side and write two feelings that you get.

1. _____
2. _____

1. _____
2. _____

Make a decision about which set of consequences you want to live with.

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Imagery: Your Key to Change

**Words trigger Pictures and Feelings.
Affirmations trigger Imagination.**

Imagery is using your imagination, the power of your mind, to form thoughts, pictures, sounds and feelings.

Your subconscious mind moves you toward...

what you think about — your mental image.

Having many details in your mental image will give your subconscious mind a clear picture of where you want to go.

Imagery and Goal Achievement

The following steps are excellent for helping you create detailed sound, picture and action images for your goals and to prepare you for successful performances and transitions. It helps you be at your best instead of being nervous...in job interviews, sports performances, home passes, tests, talking in front of groups, resisting peer pressure.

List three transitions/performances that you could prepare for by using affirmations and imagery.

1. _____ 2. _____ 3. _____

Action for Life: Changing Your Belief Systems About Chemical Use

Self-Motivation/Goal-Achievement Process

- ☛ Decide on the goal. _____
- ☛ Pick a realistic time in the future when you want to complete your goal.
- ☛ Step forward into that time in your mind and **experience yourself as though your goal is complete.**
Be in the picture as if you are looking out of your own eyes.
- ☛ Add as many visual, sound and action details as you can.
- ☛ Freeze-frame or stop the picture and hold it in your mind as though it is a photograph.
- ☛ Draw a picture of your mental image. Continue to add detail. Use stick figures and labels if you are not a skilled artist.

Go confidently in the direction of your dreams. Live the life you have imagined.

Thoreau

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Write an affirmation using each of the four styles.

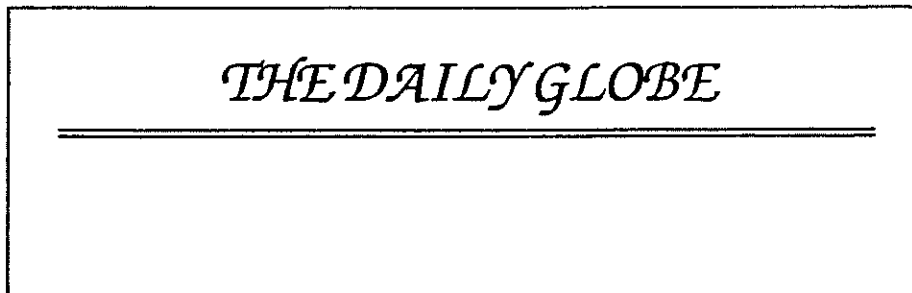
Goal: _____

FORMULA

I am _____ to be _____ ,
 (emotion) (consequence)
_____ and _____
 (consequence) (consequence)
because I _____
 (goal)

LABEL/TITLE _____, _____
 (your name) (title or label)

NEWSPAPER HEADLINE



ACTION AFFIRMATIONS

There are many ways to **affirm yourself**. These four types of affirmations are good starting points. Once you get used to writing these types, branch out and experiment. You will find the style and technique that works best for you.

Power Words For Affirmations

Acceptance	Devoted	Joyously	Relaxed
Accomplish	Dignity		Respect
Achieve	Diligently	Kind	Respectfully
Acknowledged	Dramatically		
Admire		Lovingly	Safely
Admiration	Energetically	Love To	Securely
Adventurous	Enthusiastically		Sensationally
Aggressively	Excellent	Meaningfully	Showy
Ambitiously	Exceptionally	Mighty	Significantly
Appreciate	Excitingly	More	Skillfully
Assuredly			Strongly
Attentively	Financially	Outstanding	Successfully
	Fervently		Supportive
Big	Fulfill	Passionately	
Blessed	Fun	Peace	Tremendously
Brilliantly		Peaceful	Triumphantly
	Gallantry	Pleasantly	
Calmly	Generously	Pleasurably	Victoriously
Capably	Genuinely	Positively	
Care	Giving	Potent	Vigorously
Cling	Gladly	Powerfully	Visibly
Comfortably		Pro	Vividly
Competently	Happily	Productively	
Completely	Healthy	Professionally	Willingly
Confidently	Heart	Proficiently	Win
Conscientiously	Honor	Prominence	
Considerately		Prosperously	Zealously
Control	Importance	Proudly	
Courage	Influence	Purposefully	
Crave	Intentionally		
Creative		Recognized	

Emotion Words

Appreciative	Energized	Motivated	Terrific
	Electrifying		Thrilled
Big	Excited	Pleased	Thankful
		Proud	Triumphant
Calm	Glad	Powerful	
Confident			Victorious
Courageous	Happy	Relieved	
Determined	Joyful	Serene	
Delighted		Satisfied	
	Loving	Stunning	