

Your 10 Day Affirmations Challenge



MINDFUL, COMPASSIONATE CARE
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UNLOCK THE POWER OF DAILY AFFIRMATIONS AND USE THEM TO NURTURE
AND ANCHOR YOURSELF WHILE YOU HEAL

Welcome to our 10 Day Affirmations Challenge!

I am happy you have decided to do this challenge with me. I hope you will enjoy it and that it will be the beginning of a lifelong habit. Before you begin, I will explain what the challenge is all about, then you will choose your affirmation for the day, and shift into gear. Even if it feels like this is your worst day symptoms-wise, or you feel tentative or resistant in any way, gently and compassionately challenge yourself to take action and see where it leads. You can do it and you may be pleasantly surprised.

“Whether you think you can, or whether you think you can’t, you are right.”
Henry Ford



YOUR CHALLENGE

Over the next 10 days, beginning today, choose an affirmation and repeat it as often as your brain allows you to. You can start gently, repeating it for brief periods at a time and then build up in duration and frequency. You can write it in your journal or notebook. You can say it out loud. If loved ones are around and you feel self-conscious you can say it softly or you can sing it. Think of a catchy tune or one of your favourite songs and sing your affirmation to that tune. You can repeat it in your mind, as a thought, and you can say it in front of the mirror, stick it on the walls, mirrors, all over the house, use it as your screensaver... whatever you can think of. This is going to be a wonderful time for you, regardless of the intensity of your symptoms. Before we begin, let us look at what an affirmation is and how it can be effectively used.

ABOUT AFFIRMATIONS

It's a CBT Technique

Speaking positively to yourself or using affirmations is a most powerful technique that can be used not only during a challenge such as withdrawal, but also as a good habit for life, even when challenges are few or non-existent. It is a cognitive behavioural therapy (CBT) approach that has been scientifically proven to be successful in the treatment of anxiety and depression.

It can influence your mood and how well you cope

How you speak to yourself and the thoughts you focus on can strongly influence your mood and how well you cope. The more you speak negatively to yourself, the more you will believe the content of the statements you make. Being aware of your inner dialogue and gently changing perspective, whenever you can, is a good way of fueling optimism.

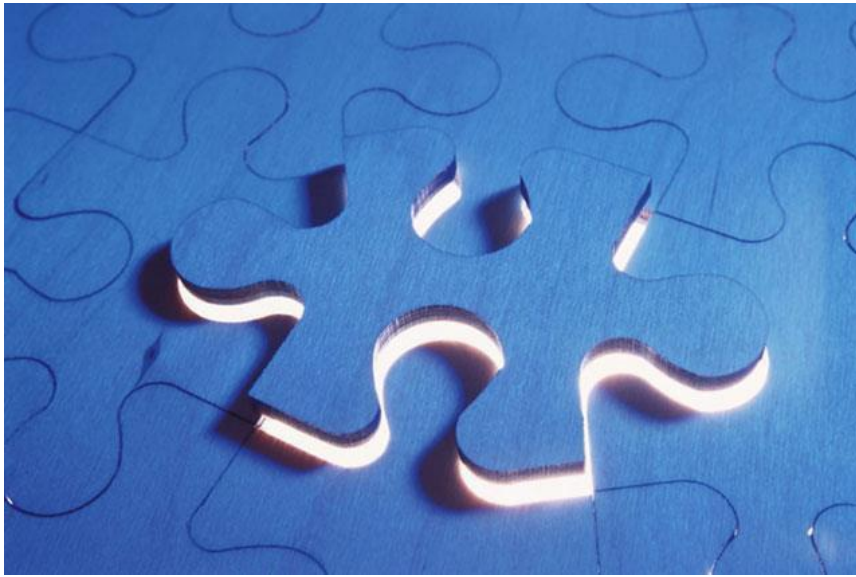
Everyone uses affirmations

Contrary to what some people believe, there is nothing 'new-agey', mysterious or magical about affirmations. Everyone uses affirmations and positive or negative self-talk daily, whether we acknowledge that we do or not. A negative thought repeated is as much an affirmation as any positive statement. Repeatedly saying or thinking, "This symptom just won't go away" or "My withdrawal is not ending" or "I am not getting any better", are classic examples.

The brain cannot occupy two thoughts at the same time

It has been scientifically proven that the brain cannot occupy two thoughts at the same time. Yes, the thoughts can be interchanged, but it is impossible to have two thoughts simultaneously. So, if nothing else, on a cognitive level, affirmations can drown the worry thoughts and make room for more positive ones that contribute to emotional well-being. Even if you are unable to connect with your feelings because of emotional bluntness or anhedonia, instead of the energy going to thoughts of fear and dread, the focus will be on your healing and you will benefit.

Guide to Creating and Using Affirmations



Here are some tips to keep in mind as you create your affirmations:

1. “I am”

Start with the words “I am” instead of “I want to be” or “I will” or “I wish” or “If only.”

2. State what you want

State what you want to see happening in your life and don’t keep the focus on the things you don’t want.

For example, instead of saying, “I want these symptoms to go” or “I am not having the awful back pain”, you would say “I am getting better” or “My back feels good and healthy again.”

3. Use the present tense

Word your statements as if you are already experiencing what you are hoping for, rather than as if it is in the future. This may feel awkward and “unrealistic” but it works. You will see.

For example: instead of “I am going to get better” you would say, “I am getting better.”

4. Make your statements brief

The longer the statement, the more difficult it will be to remember. When the statements are short, they are easier to repeat and to write.

5. You can only affirm for yourself

You can only do affirmations for yourself. You can pray for others, be kind to them, want good things for them, support them and wish them well, but you can't control their lives or try to change or control them.

For example: Instead of "My wife (or husband, friend, child, sibling) supports me unconditionally" you would say, "I am grateful for any unconditional support I receive from my wife (or husband, friend, child, sibling)."

6. "Feel" your affirmations

The most powerful affirmations are those that are felt. Use your imagination as you create your affirmations and as you write, sing and say them. Imagine what it is like to experience what you are affirming and use all your senses (see, feel, hear, taste, touch) as you do so.

7. Remember the organic/chemical aspect

This is a gentle challenge. The organic/chemical aspect of withdrawal must be acknowledged. Please do not be hard on yourself if you have any withdrawal-induced thoughts that are looping or any obsessions that are loud. The idea of this exercise is not to use affirmations to stop or struggle against any symptom you may be having.

Any outcome is fine. As mentioned previously, this is a CBT approach. You can use it for the rest of your life. There is no right or wrong result. Just have fun with it.

TO GET YOU STARTED

For this challenge, it is best to start with one affirmation daily and not do too many at once in order to keep it simple. Less will produce more focus and the more often you repeat one statement, the easier it will be for it to begin to ring true.

The use of affirmation works. You do not need anyone's approval or to justify or prove it. All you need to do is experiment and see what happens. There are no negative side effects and the practice can take as little as just a few minutes at a time.

Here are some affirmative statements to get you started. These are just examples. You can make up your own using words and thoughts that resonate with you. Some people use Bible verses or quotes as affirmations. It's up to you to find what works for you.

AFFIRMATIONS LIST

1. Profound healing is taking place in my body, right now.
2. I will cope well with whatever this day brings.
3. My body is self-healing and restores itself to good health.
4. My mind is sound, and my body is healthy.
5. I can feel unwell and still choose to believe I am healing.
6. I have done this before, and I can do it again.
7. This is a normal reaction. It will pass.
8. This is just a thought and not my reality. I don't have to believe it.
9. These are just feelings, they will go away.
10. I let go and allow the intelligence of my body to do its healing work naturally.
11. I let go and allow my healing to take place.
12. This won't last forever.

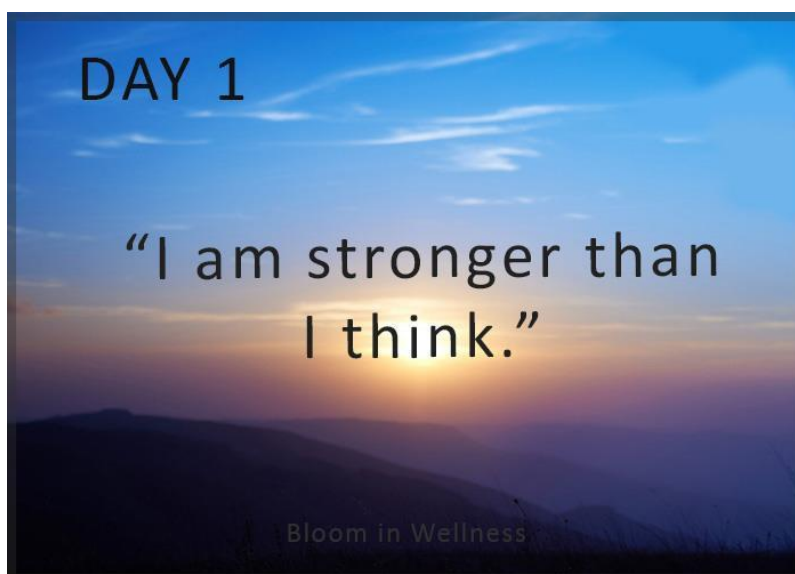
Affirmations List (cont'd)

13. I am grateful to be alive.
14. I choose to take things one day at a time.
15. I am patient as I persevere.
16. I made it yesterday and I will make it today.
17. I am safe right now.
18. I'm stronger than I think.
19. How I am feeling is normal and it is okay to feel this way. It will pass.
20. I can use my coping skills to get through this.
21. Breathe and carry on.
22. All these feelings are present because my body is healing.
23. I am grateful for my healing.
24. I am proud of all I am accomplishing.
25. I am grounded, balanced and capable.
26. I love and accept myself exactly as I am.
27. I am growing stronger every day.
28. I express my deep gratitude to God for my healing.
29. I am getting better every day.
30. I am capable and strong.
31. I have the strength to make it to recovery.
32. I love my body fully, deeply and joyfully.
33. My body is innately intelligent and I trust that intelligence completely.
34. My body is self-healing and resilient.
35. All the cells of my body are daily bathed in healing energy.
36. I am growing in strength, with every moment that passes.
37. I see myself vibrant, healthy and whole.
38. Every day, in every way, I am getting better and better.
39. My body has its own wisdom and I trust that wisdom completely.
40. I give myself permission to ask for what I need.

Affirmations List (Cont'd)

41. I give myself permission to say "No."
42. I am proud of all I have accomplished.
43. I have absolute faith in my body's ability to heal.
44. Every cell in my body is healing in every moment.
45. I am strong, valiant and determined.
46. It is okay for me to make caring for myself a priority.
47. I am willing to ask for help when I need it.
48. Every day, in some way, I am getting better and better.
49. I love my body for its ability to heal.
50. I choose to eat wisely and healthily.
51. I speak to myself kindly and gently, as I would to someone I love dearly.
52. My mind is sound, my brain is healing.
53. I breathe deeply and fully. I feel healing energy radiating throughout my body.
54. I release the need to control the process and trust that full recovery is my outcome.
55. The healing energy radiating through me is more powerful than anything that can happen to me.
56. I lovingly do everything I can to nurture my body as it heals.
57. I appreciate my body for being loyal and for doing all it can to heal.
57. I use nature to soothe myself.
58. I distract healthily, not to resist what is happening, but to pass the time pleasantly.
59. I accept and make peace with the healing process.
60. This, too, shall pass.

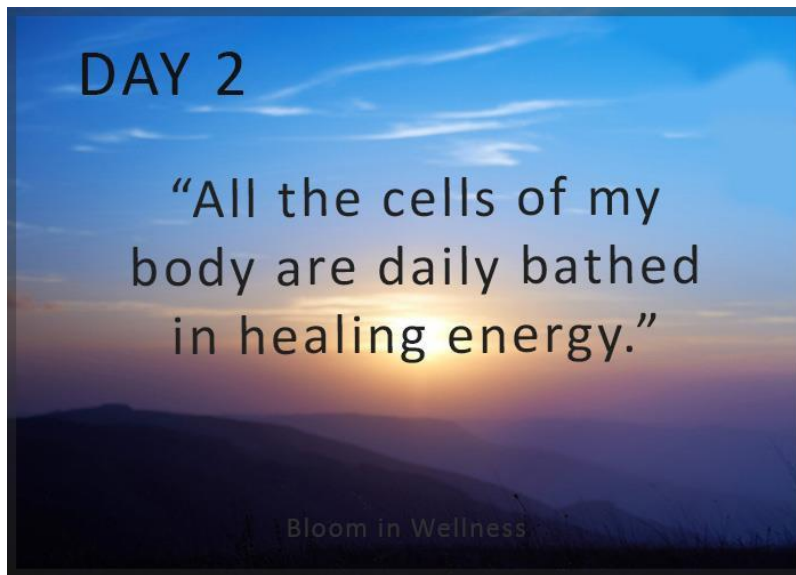
IT'S TIME TO BEGIN YOUR CHALLENGE!



Welcome to Day 1. Again, I am delighted that you have decided to join me. Choose your affirmation for the day from the list or create your own. Then decide whether you are going to do a combination of writing, saying it out loud, singing and thinking it. The affirmations you see in the images are just examples and ideas for anyone who is too cognitively impaired to go through the list.

Have a goal in terms of how much time you will spend doing your affirmation, how many times you will write it down and when you will do it. Structuring your day will make it easier to reach your goal and to monitor how you are doing. But don't be too rigid as this is a fun process. It's okay to practice as you much or as little as you feel able to, but be dedicated and committed.

It's a good idea to keep an "Affirmations" journal or notebook handy not only to write the statements down, but to reflect on and explore your feelings and what emerges for you.



Welcome to Day 2. I hope Day 1 was at the very least, okay for you. If you felt resistance or even upset, weepy or angry, this is normal. If you are not accustomed to using affirmations, doing this can make you feel uncomfortable, maybe like a fraud or that it is “woo-woo” and unrealistic. Affirmations are powerful and all of these feelings are normal. Don’t let them deter you. Keep at it and you will find that a resonance will gradually emerge.

Like yesterday, choose your statement for today and do a combination of writing, saying it out loud or thinking it. It is okay if you decide to use just one affirmation throughout, or just a few. You do not have to change your affirmation daily. But continue with the goal you made yesterday in terms of how much time you will spend doing your affirmation, how many times you will write it down and when you will do it. At the same time, this should be a fun exercise and process and so it is okay to be flexible. Just don’t give up without trying. Keep going! 😊



Welcome to Day 3 of our Affirmations Challenge. If you have been practising, by now you will be noticing a difference in energy. If not, that's okay but don't be surprised if this is the case. Like the previous days, choose your statement for today and do a combination of writing, saying it out loud or thinking it. Continue with your goal in terms of how much time you will spend doing your affirmation. If you are writing them down, stick to or exceed the number you first had in mind.

You may find that the more you do it, the more you want to do it, and so it's okay to increase the time. Remember the "feeling" aspect of it as this is very important. You are not "feeling" to get rid of symptoms but to have a mental "vision" of your statement. For example, if you are using the affirmation in today's image, you would imagine your body being nurtured in every way, and how good it would make you feel to know you are taking care of yourself.

DAY 4

“I accept and make
peace with the healing
process.”

Bloom in Wellness

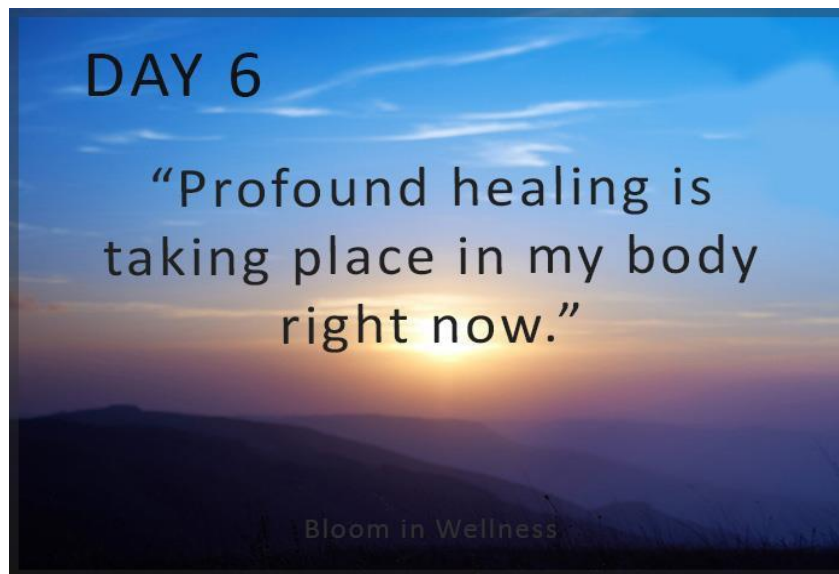
Welcome to Day 4. Keep at it and remember to be gentle with yourself. Don't pressure yourself and make it a light, fun exercise. Sing it, say it, write it, feel it. 😊

DAY 5

“It is okay for me to
make caring for myself a
priority.”

Bloom in Wellness

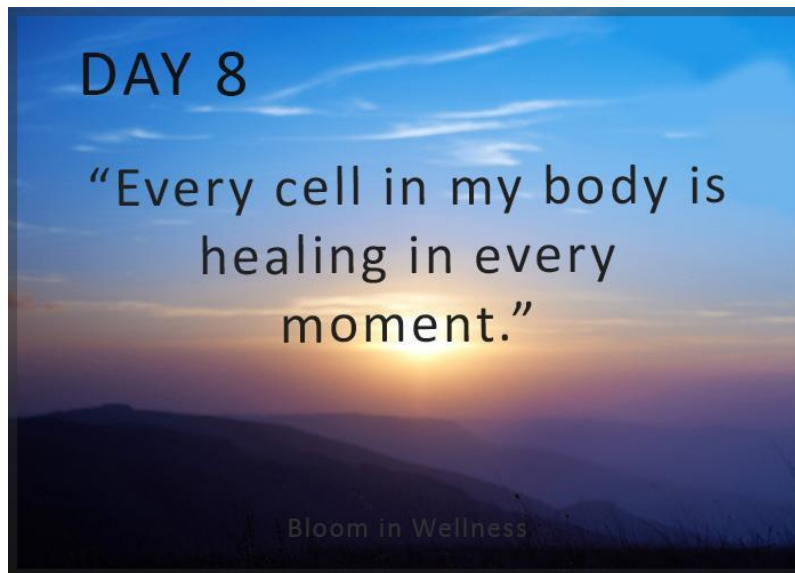
Welcome to Day 5. I hope this is helping and that if you were resistant in the beginning, it is starting to resonate. If not, don't give up yet. Keep repeating your statement and write, sing, think and feel it too.



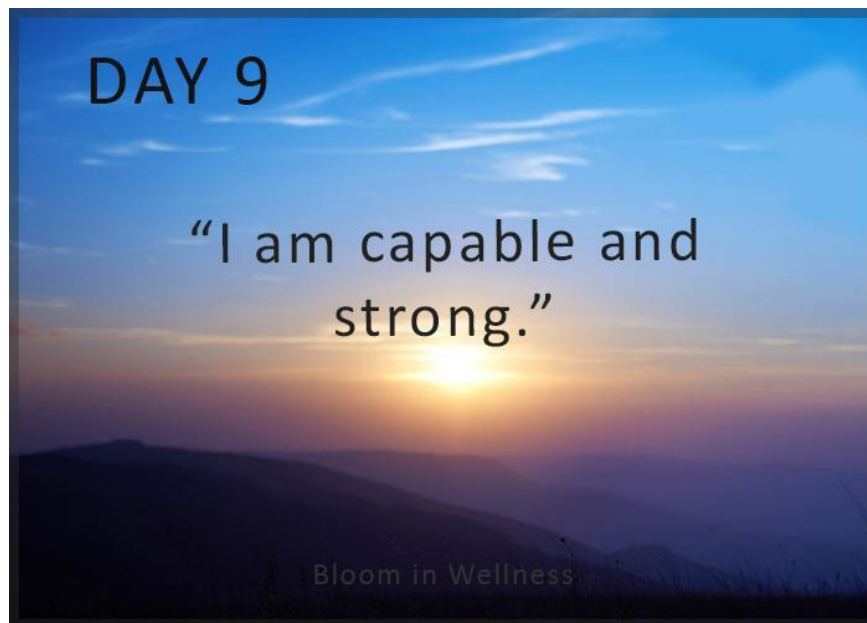
Welcome to Day 6. It is good and commendable that you are persevering. Remember that making this a habit is not necessarily going to happen overnight. If you have spent most of your life not thinking this way, it will take practice and time. If you feel like giving up, trust that it is worth your time and commit to this process of change. Why? Because you will benefit not only during this difficult life chapter, but for the rest of your life.



Welcome to Day 7 and CONGRATULATIONS for making it this far! It takes dedication, courage and strength to commit to a challenge like this, while faced with intense symptoms. Acknowledge this achievement and tell yourself, "Well done!" for making caring for yourself a priority.



Wow! It's Day 8 already! I hope that by now you are reaping the benefits of using affirmations as a way of caring for yourself and of coping with your withdrawal. Today, I invite you to consider continuing with this process past Day 10. We will consider it further on that day, but I want to plant the seed here. Remember to say it, think it, sing it, write it and feel it.



Today is the penultimate day of our Affirmations Challenge. I hope you were able to use your affirmations in different ways and that they were useful. Remember that "feeling" the affirmation is one of the most important factors in making this work. Even if you are emotionally blunt due to symptoms, you can imagine how you would feel. But don't pressure yourself and consider that you have the rest of your life to experiment with them.



Welcome to Day 10. You made it and you should be very proud of yourself! Well done!

Thank you for embarking on this exciting journey with us. Don't make this the end. Remember that using affirmations and speaking positively to yourself are acts of self-compassion and can transform your life if used regularly. This is an excellent coping tool and a way of validating yourself. Keep doing them!

With gratitude, love and light,

Baylissa

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