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## **Feeling Stuck- Part 4: Affirmations**

*By Brooke Loening*

So you're still making the same poor choices, which are keeping you stuck, repeating that same pattern that has never worked for you. You know what I'm referring to here, reacting to you're mothers control issues in the kitchen, having that second or third drink after dinner, showing up at the train one minute before it departs....

This is all preprogrammed behavior, which is created by your unique past history and "limiting beliefs", (discussed in the last article). Scary? It should be, because that basically means that your life is highly predictable unless you make conscious changes in those areas that are not working for you. To make these positive changes, you must first raise awareness about what is not working, and then create a new vision of how you want it to be in the future.

In order to make that healthy choice however, your new desired reality needs to be fresh on the radar when the critical "decision time" presents itself. You can make this happen using "affirmations," and they will keep you right on track. Your only job is to repeat them once a day.

It takes a little focus to create a good affirmation. The first step is to identify the situation that you want to change. Then, build awareness; write down all the limiting beliefs (thoughts about "why I can't change this") in your journal. Finally, create a new outcome for yourself. Your new outcome is like a destination you enter into the GPS in your car; you can't make it work for you without plugging in the address. How do you want the situation to play out next time? Exactly what does that look like to you when you do it the new way? What are you saying, doing, and feeling; how do you appear physically?

Once you are clear on how you want things to be, how would you write that in a sentence?

A good affirmation should include the following:

- 1- The situation you want to change; "when I get ready for the train."
- 2- The new action you want to create "I give myself ten extra minutes."
- 3- The overall benefit to you "and that reduces my stress level."

Examples of affirmations:

When my mother starts controlling in the kitchen, I allow it, and we both have a better time that way.

One drink takes the edge off, and more then that works against me.

When I get ready for the train, I give myself ten extra minutes, and that reduces my stress level.

An affirmation should be concise, positive, in the present tense, have you in it, and should be a statement of how you want things to be as if you are already doing it. Repeating it should feel exciting to you. Like- “I want this to be true, I know this can be true.” It should not be so aggressive that it does not feel real to you, and it should not be too weak- offering no challenge. The biggest problem I have seen with my clients’ affirmations is that there are too many and they are too grand- not specific enough.

You can use 7-10 affirmations at a time, they should be on one sheet of paper where you see them, (likely next to your bed) and should be read once per day.

There is nothing equal to the power of a well-written affirmation to help you make a better choice the next time around. Without a new GPS address to go to, your subconscious will take you down the same old route every time. Each affirmation represents the way you want to be in a particular situation. So essentially, your list of affirmations should reveal exactly where you want to go in all the important areas of your life. Having a well crafted affirmation means that a new way of being is now an option for you every time that situation presents itself. Some affirmations work in a week and some may take months. However, if your affirmations are on the mark, and you repeat them once a day, they will become a reality for you. Don’t settle for the same old same old ever again; if you start creating a new reality now, changes will happen sooner that you think.

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