

II. BELIEFS

What follows are examples of positive and negative beliefs.

1. As you go through the list, identify ones that pertain to your way of thinking, or write in your own.
2. During iRest, pick one or two negative statements and their opposites to work with.
3. Begin by stating the positive belief and experiencing how and where it manifests in the body as sensation.
4. Then experience its opposite in a similar manner.
5. It is important to have the amplitude of the positive belief at least as strong, if not stronger, than the negative belief.
6. Move between these opposites until you feel comfortable experiencing them both without attachment or aversion.
7. Then hold both opposites simultaneously. If they are of equal amplitude, they will resolve one into the other and you will experience a new statement arising spontaneously that reflects a deeper truth that feels in harmony with True Nature.

Negative Cognitions

Positive Cognition

He never loved me	- I love myself
I am a disappointment	- I am ok just as I am
I am a failure	- I am a success
I am in danger	- I am safe now
I am inadequate	- I am worthwhile
I am insignificant	- I am significant
I am not good enough	- I deserve
I am not in control	- I am in control
I am not lovable	- I am lovable
I am damaged	- I am ok as I am
I am powerless	- I have choices
I am shameful	- I am honorable
I am shameful	- I am worthy
I am stupid	- I am intelligent
I am terrible	- I am fine as I am
I am ugly	- I am attractive as I am
I am unimportant	- I am important
I am weak	- I am strong
I am worthless	- I am worthy
I can't have love	- I can have love
I cannot be trusted	- I can be trusted
I cannot get what I want	- I can get what I want
I cannot let it out	- I can let it out
I cannot protect myself	- I can take care of myself
I cannot stand it	- I can handle it

I cannot succeed	- I am successful
I cannot trust anyone	- I can trust myself
I cannot trust myself	- I trust myself
I couldn't get her love	- I deserve love
I couldn't protect myself	- I am strong now
I couldn't help it	- I can help myself
I deserve bad things	- I deserve good things
I deserve to be miserable	- I deserve to be happy
I deserve to die	- I deserve to live
I did something wrong	- I learn from life
I did something wrong	- I learned from it
I don't deserve love	- I deserve love
I don't deserve	- I deserve...
I don't want it happen	- I can handle life
I can't rely on anymore	- I can rely on myself
I have no control	- I have control
I have to be perfect	- I can make mistakes
I have to please everyone	- I can be myself
I could have done better	- I did the best I could
I want to trust	- I can trust
I will fail	- I am successful
I wish it never happened	- I survived
I am a bad person	- I am a good person
I am helpless	- I am powerful
I am incapable of loving	- I am a loving person
I am overwhelmed	- I am worthy
It wasn't my fault	- I did the best I could
It won't happen again	- I am safe now
It's a terrible memory	- I am free now
It's my fault	- I did the best I could
My body is shameful	- My body is perfect as is