

Self-Hypnosis Seminar- Ines Simpson

Change WORKSHEETS

THIS WORKSHEET is to be used to find the positive desire from the negative statement

EXAMPLES

I Don't Want....	WHAT I DO WANT
I don't want to smoke anymore	I want to be a non-smoker
I don't want to be tired – I can't sleep	I want to sleep fully and deeply
I don't want to be alone all the time	I want to open to finding friendships and relationships
I don't want to be so poor all the time	I want to have enough money from now on
I don't like myself	I want to be loved
I don't like my job	I want to find a job that is productive and challenging for me

This worksheet is to change the way you say things. From this you move to making affirmations and creating the emotional charge behind those affirmations