
Affirmation Script for Building Healthy Self-Concept Script for Complex PTSD Survivors

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Relaxing:

Choose a spot above your chest level and focus on that spot as I count from 1 to 10. As I count, allow your eyes to get tired and tired until they just want to close, and move into a better state of relaxation.

Now, I begin to count.....1.....2.....3.....4.....5.....
deeply relaxed.....6.....7.....deeply relaxed
still.....8.....9.....and.....10.

If you have not already closed your eyes, just let them close in beautiful surrender to the healing energy of relaxation.

Deepening:

Now, allow your mind to shift for a moment, as you imagine that there are 10 stairs in front of you. It is a beautiful stair case....so beautiful that looking at it helps your mind and body to relax even deeper.

Now, I am going to count down from 10 to 1, each count invites you to take a step down the stairs. Each step moves you into a deeper state of relaxation.

10.....take the first step.
9.....8.....7.....6.....deeper in relaxation.....
5.....4.....deeply relaxed like never before.....
3.....2.....and.....1.

As you get to the bottom of the stairs, imagine that you are in your special place - a place of total safety, security, peace and relaxation. It could be somewhere you have been physically before, or simply allow your mind to construct your own lovely and secure place for you in real-time. This is your resource centre.....a place of safety, power, rejuvenation, healing and brain rewiring. This is the place you visualise daily to reconnect with resilience, inner strength, courage, and your new self-concept.

Setting the Stage for Mind Reprogramming:

Now take a comfortable position. As you make yourself comfortable, you realise that there is a tape player just in front of you. This tape player has a remote control. The remote control has a volume control button, a fast forward button, a pause button and a rewind button. In your lovely place, totally secure, safe and relaxed, with the remote control in your hands, it is time to replay your new self-concept in order to ingrain every part of it into your subconscious mind and build new neurological wirings in the brain to make it an ingrained personality trait.

At any time, feel free to use any of the control buttons as you like, you could increase or reduce the volume, or rewind the play or fast-forward it or you can simply pause the play in your mind or in real life to assimilate a particular part of it or to allow your creative mind to imagine what it feels like to express a certain attribute fully. You are totally in control. Now press the

play button and start to visualise and feel the feelings of your new healthy self-concept below:

Encoding Your New Healthy Self-Concept

I am an advancing soul that is getting better everyday and in every way.....everyday and in every way. I am getting better.....and advancing daily towards wholeness and a greater sense of being....everyday and in every way. Now I embrace relaxation and being in the present moment. I embrace life and all its beauty and gifts. Everyday, I notice the beauty of life in gratitude...I live in appreciation and gratitude regarding many gifts life offers me now.....such as, beauty, colour, nature, friends, family, music, food, pets and many other beautiful things in my world. I refuse to over-notice the negative, or over-focus on what might go wrong or what might be wrong with my life or things around me. I am an advancing soul that embraces gratitude and positivity in the present moment. This is the new me - gratitude, awareness, appreciation and positive-noticing. I am an advancing soul that is getting better everyday and in every way.

I love and accept myself unconditionally. I choose to be on my own side. I commit to myself....to my positivity....healing....courage...to my hope...to my wellbeing.....to my self-care.....I commit to my self-acceptance....I commit to my self-compassion.....I am a good enough person. I refuse to shame myself. I refuse to trash myself. I refuse to take the side of the inner critics to destroy

my self-image. I turn toxic shame of my past back to where it belongs, in my past. It is never mine but imposed upon me through the trauma. It belongs to those who caused my trauma. I give it back to them. I am a human being that feels normal emotions like any other human being. I refuse to shame myself over normal emotional responses such as sadness, fear, anger and depression. I am an advancing soul that is getting better everyday and in every way.

I have a right to make mistakes. Mistakes are nothing but an opportunity to practise self-compassion and self-nurturance. Mistakes are opportunities to gain wisdom. Making a mistake does not make me a mistake. I do not have to be perfect to earn my own love and acceptance. I already love and accept myself, in spite of my past. Seeking unreasonable perfection is what the trauma of the past imposed upon me. It is never mine. Now I pass it back to where it belongs - in the past. I am perfectly comfortable with my imperfect self. I am a human being, and not a human doing. This is the hallmark of a fully fledged, fully actualising human - being perfectly conformable in imperfection - a mark of an advancing soul. I refuse to compare myself adversely to others. I refuse to judge my 'inside' based on their 'outside.' I refuse to criticise myself for not being happy all the time or for not being productive all the time.

I am secure within myself. I am enough within myself. I am good enough within myself. I do not have to be better in any way before I can deserve my own love, self-care and self-compassion. I am already enough. Perfectly comfortable in my imperfect self. I am an advancing soul that is getting better everyday and in every way.

I am comfortable with the uncertainties of life. I refuse to control the uncontrollable. I refuse to micromanage myself or others around me. I understand that not all my attempts or

desires will yield a desired result. Nevertheless, I am still a worthy and loveable person. I refuse to punish myself for the mistakes, guilt, or shortcoming of the past. I forgive myself of all past mistakes and errors. I refuse to mentally obsess with worrying, ruminating and catastrophising. I refuse to endlessly second-guess myself. I refuse to repetitively scrutinise every detail of my life for errors and reason to be self-critical. Rather, I embrace myself with compassion, empathy, unconditional positive regard. I am an advancing soul that is getting better everyday and in every way.

Toxic guilt is no longer mine. It was imposed upon me by the traumatic past. Now I pass it back to where it belongs - in the past. Feeling a normal positive emotion of guilt temporarily to fine-tune my compassion for the world around me does not mean I am guilty. Feeling guilty does not make me guilty. I defend myself from unfair criticism using my greater sense of personal power and assertiveness, even when I am afraid. I refuse to let fear make my decisions. Whenever I make mistake or inadvertently hurt others, I apologise and make amend without tearing myself down in toxic guilt. I refuse to apologise over and over, without an end. This was the over-compensating, codependence personality that my past trauma imposed upon me. It is no longer mine. I pass it back where it belong. I am no longer a victim, but a victor. I refuse to accept unfair blame. I am an advancing soul that is getting better everyday and in every way.

I connect to the present moment in full awareness and in full regulation of my breathing. I love to breathe deeply and slowly. I love to flood my body with enough oxygen for healing and rejuvenation through deep and conscious breathing. My in-breaths fill me with positive energy for resilience, healing and relaxation. My out-breaths flush out tensions, negative energy,

and residual traumatic emotions. I fully embrace awareness and reject toxic dissociation and emotional flashbacks. These do not belong to me. They were imposed upon me by my traumatic past. Now I let them go.... I let toxic dissociation go.....I let toxic emotional flashbacks go. Whenever they cripple back in, I take a full deep breath in awareness and short-circuit their cycle of negative emotions. I visualise myself instead in relaxation, connecting to my environment with all my senses, in total awareness and gratitude. I reject black and white thinking which is a form of negative dissociation. I reject the narrowing of consciousness towards sources of threats. This is never mine. It was imposed upon me by my traumatic past. Now I release it into the past. I am totally free. I am an advancing soul that is getting better everyday and in every way.

I embrace life and reject self-destructive behaviours. I embrace life and reject self-sabotage behaviours of my past that may still be present in this moment. I embrace steady progress and reject toxic impatience. I refuse to reinforce the toxic comments of bullies, abusers and critics of my early life through self-criticism and harsh judgement. I care for myself and fully on my own side. Toxic opinions of others no longer crush or overwhelm me. Those who matter don't mind my authentic self, and those who mind don't matter. What others think about me is none of my business. Rather, I focus on self-compassion and gratitude. I refuse to scare myself with negative thoughts and negative pictures of my past traumas. I embrace gratitude, faith, love and appreciation. I reject home-made horror movies in my mind. I am a human being and not a human doing.

Every single day is an opportunity to experience life and demonstrate resilience, acceptance, love and self-care and self-compassion. I am comfortable to move through the day

without fear or in an anxious hurry. I refuse to endorse the amygdala highjacking as a way of life. Whenever my survival response is activated, I thank my amygdala for trying to protect me. Then I visualise myself in my lovely place as I regulate my breathing. I re-nurture my amygdala without fear. I courageously ride out any anxious symptoms in my body without catastrophising or absolutising. I refuse to rush around. I will not hurry unless it is a true emergency. I have a relaxed mind and body. I am an advancing soul that is getting better everyday and in every way.

I deserve everything good that life has to offer. I embrace abundance and let go of scarcity-mentality. I embrace possibility and reject impossibility-mentality. I am open to life and reject toxic close-mindedness in fear and apathy. I am motivated to fully heal and help heal others. I fully embrace peace of mind, spirit, soul and body. I attract into my life positive relationships that are based on mutual respect, compassion, love, fairness and mutual support. I make plenty of room for self-care, exercise, beauty, nature and other self-empowering and self-nurturing activities. I am an advancing soul that is getting better everyday and in every way.

I increase my daily capacity to play, have fun, work and play. I embrace physical and mental wellness. I eat well daily, just enough to keep me going. I refuse to over eat or under eat in a self-destructive way. I fully embrace vitality and wellness. I treat my body with great respect. I refuse to willingly put toxins in my body in an act of passive or subconscious self-destruction. I have a right to live fully. I have a right to be healthy. I have a right to love and be loved. I have a right to fulfil my ultimate destiny in happiness, wellness, and greater sense of personal fulfilment. I am an advancing soul that is getting better everyday and in every way.

I have a right to be treated with dignity and respect. I have a right to say no to things that no longer belong in my future. I have a right to say no to other people's requests that are not in my best interests without guilt or fear or being triggered into a dissociative emotional flashback. I have a right to refuse to be responsible for other people's problems. I have a right to reject unsolicited advice. I have a right to change my mind or my plans without shame or fear. I have a right to make mistakes without feeling like a mistake in life. I have a right to negotiate with others for my right. I have a right to have rights. I have a right to have boundaries and limits. I have a right to have my own feelings, beliefs, goals and preferences. I have a right to not always get it right. I have a right to waste my own time and not always productive without plummeting into negative emotional flashback of shame and unworthiness. I have a right to ask others for help in a safe and acceptable way. I have a right to be helped and supported by compassionate others. I have a right to cry, anger, emote and verbally ventilate when it is appropriate or naturally needed without feeling guilty for it. I have a right to be happy. I have a right to be human. I have a right to progress, and be successful in life. I have a right to have a future in spite of my past. I am an advancing soul that is getting better everyday and in every way. All of these attributes and rights are my new operating command. This is my new natural state.

Re-orientating:

Now take a deep breath, stand up from where you are seated and gradually walk back to the bottom of the stairs. I am going to count from 1 to 10 for you to return to full awareness, feeling empowered and re-energised. Take a step upon each count.
1.....2.....3.....4.....5.....feeling completely
rejuvenated.....6.....7.....8.....9.....becoming aware

of your immediate environment.....and.....10. Fully awake, feeling refreshed.

Instruction on How to Use this Healthy Self-Concept Meditation for CPTSD Survivors:

Use this meditation daily for three months days until the brain encodes these changes within your subconscious mind and the brain encodes its content as your new natural state.