



The Heal Bullying series uses the Change Your Mind SuperSleep® research and method. You must be asleep - in the theta brainwave state -- for the statements to work on the core level. So the MP3 begins with a go-to-sleep introduction. Then each suggestion statement is repeated 3 times to an 8 second cadence. If you have trouble falling asleep, turn the volume down very low. Your brain will still “hear” it and change. Listen to each MP3 21-30 nights (they do not have to be consecutive).

While you are listening, you will be changing your mind/brain a lot. This involves “processing.” Processing is what you experience while you change. Physically, you can become tired and feel a little “off.” Emotionally, you can feel anger, grief, sadness, fear, irritation. Processing is normal. It often occurs between day 3 and day 7 and can continue for a few days. It helps to get more rest and drink plenty of water.

Good luck with the program, and enjoy your changes.

Teri Mahaney, PhD, creator of the Change Your Mind SuperSleep® program

These are the 100 statements on your MP3:

I am ready to get along at school now
I believe in myself and my ability to get along at school
I have the desire and right attitude to get along at school
I have the commitment and discipline to get along at school
I accept school is like a game, and that it is a very important game
I learn to play the school game, and I get along well
It is fun to change to get along at school, and I do it easily
I feel good about myself and my changes, and I continue to improve
My thoughts, feelings and actions change in all positive ways
I figure out my strong areas and what works for me, and I do it
I figure out my weak areas and what doesn't work for me, and I change them
I take the right action at the right time in the right way to get along at school
It is fun and satisfying to get along at school

The School System

I know getting along at school means getting along within the school system
I know the school rules, and I follow them as appropriate
I know the requirements for attendance and tardiness, and I follow them
I attend each class and am on time as appropriate
I know about choosing classes and electives, and I do it well
I know the requirements for graduation, and I meet them easily
I accept getting along at school means getting along with the teachers
I get along with teachers, and they are interested in my success
I know about the school resources and where to go for help

I use tutors, counselors and other helpers when I need them
I get the right help from the right people at the right times to get along at school
I accept getting along at school means getting along with other kids
I get along with other kids in all the right ways
I move beyond my past to get along at school

Studying and Learning

Each new class is a new chance for a successful experience
I understand the part studying and learning plays in my life
I know learning is a life long process, and it is happening all the time
I give myself credit for what I know and what I am learning
I enjoy studying and learning, and I have good study habits
I have a good system for studying that works for me
I set rules about my study time, and I keep them
I know there are different learning styles, and I understand mine
I see myself and my learning style realistically and objectively
I develop a flexible learning style to be a more successful student
I know my attention limits, and I work with them in positive ways
I feel good when I study and learn, and I continually improve my skills
I learn how to study better and how to learn easier
Each day, I get better and better at studying, learning and remembering
I understand the part homework plays in my learning and my success
I take responsibility for doing my homework as appropriate
I work through blocks and obstacles to doing my homework
I get the right help from the right people at the right times with my homework
I enjoy doing my homework and keeping up with my classes

I am prepared for each class with my assignments completed
I understand the part tests play in my life and my success
I choose to be good at taking tests, and I gain the necessary skills
I have a successful strategy for taking tests
I combine knowing how to take tests with knowing the material
I study and learn the right things for my tests
I move beyond test anxiety to taking tests with confidence and ease
I move beyond text anxiety to trusting myself and my knowledge
I replace test anxiety with preparation and self assurance
I know what grade I want to get and what I have to do to get it
I do what it takes to get the grade I want as appropriate
I see myself doing well on my tests: I see myself finishing on time
I continue to improve, and I get better and better with each test I take
I put tests in perspective as one part of a class
I put class in perspective as one part of my semester
I put one semester in perspective as one part of my school life
I put school in perspective as one part of my life
I study and learn what I need to know to get along at school
I study and learn what I need to know to have a good life

Getting Along At School

Getting along at school and I are one
I release and forgive myself for getting along at school
I release and forgive myself for not getting along at school
I release and forgive myself for believing I can't or won't change
I release and forgive everyone who believes I can't or won't change
All my imbalances around changing are now dissolved with ease
All my imbalances around getting along at school are now dissolved with ease
All my imbalances around changing are now dissolved with ease
All my imbalances around fearing and judging school are now dissolved with ease
All my imbalances around being judged at school are now dissolved with ease
All my imbalances around authority and authority figures are now dissolved with ease
All my imbalances around my learning style are now dissolved with ease

All my imbalances around being judged by my learning style are now dissolved with ease
All my imbalances around struggling at school are now dissolved with ease
All my imbalances around associating school with pain are now dissolved with ease
All my imbalances around being tested are now dissolved with ease
All my imbalances around fearing taking tests are now dissolved with ease
All my imbalances around associating tests with pain are now dissolved with ease
All my imbalances around focusing and concentrating are now dissolved with ease
All my imbalances around having an untrained and undisciplined mind are now dissolved with ease
All my imbalances around my cumulative disappointments and failures are now dissolved with ease
All my imbalances around completing school are now dissolved with ease
I know getting along at school is practice for getting along in life
I trust myself to get along at school and in life
I have the ability and knowledge to get along at school and in life
I have the discipline and self control to get along at school and in life
I feel good about myself when I get along at school
I evaluate what I do well and give myself credit
I evaluate how I can improve and decide what I will do differently
I enjoy doing things differently so I can get better results
I use my knowledge, skills and abilities in the right ways
I am an achiever, and I take pleasure in fulfilling my potential
I achieve success at the right times in the right ways for the right reasons
I choose to feel great about changing and improving
I choose to feel great about getting along at school

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