



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 know I may become like the kids I hang out with
I choose the kind of person I want to be, and I hang out with kids like that
I see each group of kids clearly and honestly
I choose the right kids to hang out with in the right ways for the right reasons
I see my friends clearly for the part they play in my life
I hang out with kids who like me and accept me for who I am
I hang out with kids who are nice to me and others
I hang out with kids that help me be a good person and do good things
I don't do things I don't believe in to make friends or be part of a group
I don't act bad to try to be cool or fit in or belong
I hang out with the right kids in a very cool and powerful way
We stand up for each other as appropriate
We encourage and support each other to make good choices
We encourage and support each other to live good lives
We encourage and support each other to be the best we can be
We form buddy groups without competing with each other
We form buddy groups without conforming as appropriate
We welcome diverse and different kinds of kids in our group
I feel great about choosing the right kids to hang out with
I hang out with the right kids at the right time in the right way for the right reasons

Activities

I choose the right activities with the right kids for the right reasons
My friends and I have fun together doing healthy activities
I join in activities that help me be and become a good person
I join in activities that make my school years more enjoyable

I join in activities that support my being a good student
I have good social skills, and they improve as I grow up
I have good manners, and I fit in wherever I go
People like me and enjoy spending time with me
I like playing with the right kids, and they like playing with me
I create and maintain relationships with the right kids for me
I make friends with positive, optimistic, happy people
I'm a good and valuable friend to others
I have kids in my life who are good and valuable friends to me
I like all kinds of people with all kinds of backgrounds
My friends and I are nice to each other and to other kids
We are never bullies, and we never stand by while others are bullied
My friends and I have fun and share good times together
My friends and I help each other through the bad times as appropriate
I develop and maintain healthy relationships all my life
I create the right friendships for different cycles and stages of my life
I create and maintain accepting and supporting friendships all my life
I create and maintain loyal and trustworthy friendships all my life
I create and maintain nurturing and loving friendships all my life
I take responsibility for having the right friends
I take responsibility for having the right activities as appropriate
I can be adventurous without being unwise
I can take risks without doing things that hurt my health
I can take risks without doing things that hurt my good future

I Hang Out With the Right Kids

Hanging out with the right kids and I are one
I release and forgive myself for hanging out with the right kids
I release and forgive myself for not hanging out with the right kids

I release and forgive myself for not knowing how to make good friends
I release and forgive myself for not being a good friend to others
I release and forgive everyone who has not been a good friend to me
All my imbalances around hanging out with the right kids are now dissolved with ease
All my imbalances around releasing relationships with the wrong kids are now dissolved with ease
All my imbalances around feeling like I don't belong are now dissolved with ease
All my imbalances around feeling like I am not wanted are now dissolved with ease
All my imbalances around feeling alone, lonely and isolated are now dissolved with ease
All my imbalances around being in a closed or exclusive group are now dissolved with ease
All my imbalances around being in a group that puts others down are now dissolved with ease
All my imbalances around doing the wrong things to be accepted or included are now dissolved with ease
All my imbalances around getting attention in the wrong ways are now dissolved with ease
All my imbalances around bonding in unhealthy and dysfunctional ways are now dissolved with ease
All my imbalances around having good friends are now dissolved with ease
All my imbalances around being my own best friend first are now dissolved with ease
All my imbalances around being honest about who I am are now dissolved with ease
All my imbalances around feeling I'm not enough or not good enough are now dissolved with ease
All my imbalances around feeling like I don't deserve good friends are now dissolved with ease
All my imbalances around conforming to have friends are now dissolved with ease
All my imbalances around unkind and unfriendly kids are now dissolved with ease
All my imbalances around stuck up and superior kids are now dissolved with ease

All my imbalances around superficial, phony or insincere kids are now dissolved with ease
All my imbalances around envious, jealous, or resentful kids are now dissolved with ease
All my imbalances around rebellious and disrespectful kids are now dissolved with ease
All my imbalances around dishonest, disloyal, or untrustworthy kids are now dissolved with ease
I move beyond my past to hang out with the right kids
I do what it takes to hang out with the right kids
I am willing to change my thoughts, feelings and actions to hang out with the right kids
I make the necessary changes to hang out with the right kids
I take the necessary actions to hang out with the right kids
I easily recognize the right kids for me and become friends with them
I have a good attitude, and I hang out with kids with good attitudes
I have good habits, and I hang out with kids with good habits
I have good discipline, and I hang out with kids with good discipline
I have good values, and I hang out with kids with good values
I am loyal and trustworthy, and I hang out with kids who are loyal and trustworthy
I am my own best friend first, and I stand up for myself
I enjoy my own company and spend time alone without feeling lonely
I would rather be alone than do the wrong things and hurt my chances for a good life
I hang out with kids who are healthy and make healthy choices
I hang out with kids who are positive and fun
I hang out with kids who are open, honest and sincere
I hang out with kids who are loyal and supportive
I hang out with kids who are dependable and trustworthy
I hang out with kids who are understanding and forgiving
I hang out with kids who express humor appropriately
I choose to feel great about hanging out with the right kids
I choose to feel great about joining in the right activities
I hang out with the right kids, and my life goes in the right directions

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