



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'm smart about social media: I use good judgment
I take responsibility for my social media and how I use it
I take control of the social media in my life in all effective ways
I know I will be judged by my online presence, and I am careful about it
I respect myself and my future, and it shows in my online presence
I understand my online identity can last a long time and be seen by everyone
I accept my online presence can affect my education and career chances
I move beyond denying, ignoring or minimizing the dangers of social media
I use social networking responsibly and safely, and I help others do it too
I use social media at the right times in the right ways for the right reasons
I put social media in perspective as one part of my social life
I balance social media with face to face personal interactions
I use internet sites that are good for me and increase my quality of life
I use chat rooms in the right way at the right time with the right people
I know the difference between right and wrong, and I choose right
If in doubt, I ask people with good judgment and I follow their advice as appropriate
I make good decisions for my healthy, positive life today and every day
I use the power of social media to support my good life and success

Protection

I recognize the risks of social media, and I establish and maintain privacy and security
I balance the freedom of social media with controls for my protect
I learn what I need to know about cyberbullying, and I protect myself from it
I am not part of the problem: I stand up against cyberbullying

I talk to my friends about cyberbullying, and we help each other be smart about it
I safeguard my privacy, and I respect the privacy of others
I set up privacy settings and controls, and I restrict access of my online profile to trusted friends
I only share personal information that is OK for everyone to know
I use different security with different accounts
I use secret and smart passwords and change them often
I store my passwords and personal information in safe places
I protect my pins and unlock codes so others can't use them
I only share my password and pin with my family as appropriate
If I think the wrong people have my password or pin, I change them
I never give out personal contact information about myself and others
I do not log into my personal accounts on others' devices
I log out of all online accounts when I am away from a computer or cell phone
I do an online search on myself regularly, and I take immediate action on anything that could be a problem for me
I create and maintain safeguards against pranks, bullying, and theft
I eliminate undesirable social media automatically

Posting

I understand I am responsible for everything I post, forward and share
I understand my posts can be tracked to me
I understand I have little control over who might see what I publish
I understand anything I post can be used against me
I know some people might use what I post to make fun of me or hurt me
I respect myself, and it shows in what and how I post information
I think before I post: I don't post anything that could harm my reputation
I think about how I would feel if what I publish is all over the school and the internet

I think about how my worst enemy would use what I publish to make my life miserable

I think about what my parents or teachers would think if they saw what I published

I am never a jerk online, and I don't allow others to be a jerk to me

I require my friends treat me respectfully online and off

I am aware of who could be embarrassed or hurt by what I share

I never post, send or forward untrue, rude or lewd information about anyone, especially me

I never post, send or forward embarrassing pictures of anyone, especially me

I never post, send or forward sexual messages and pictures

Cell Phone / Texting

I am smart about the pictures I take with my cell phone

I understand my pictures can be retrieved even if I have deleted them

I never take or share pictures of myself or others that could be hurtful

I only respond to text messages from people and numbers I know

I never open messages or click on links from people I don't know or trust

I never open messages from bullies

I delete suspect messages without reading them

I feel good about blocking some people from contacting me

I disable the location services on my cell phone as appropriate

I text the right things at the right times for the right reasons

I never text while driving

Being a Target

Being a target and I are one

I release and forgive myself for being a target

I release and forgive myself for not being a target

I release and forgive everyone who targets me

I release and forgive myself for targeting others

All my imbalances around being a target are now dissolved with ease

All my imbalances around being embarrassed, ridiculed or humiliated are now dissolved with ease

All my imbalances around being scared and confused are now dissolved with ease

All my imbalances around being being harassed, stalked or threatened are now dissolved with ease

All my imbalances around being excluded are now dissolved with ease

All my imbalances around social media are now dissolved with ease

All my imbalances around being controlled by social media are now dissolved with ease

All my imbalances around dependence on or addiction to social media are now dissolved with ease

All my imbalances around being stressed and upset by social media are now dissolved with ease

All my imbalances around creating problems with social media are now dissolved with ease

All my imbalances around my risky behavior to be popular are now dissolved with ease

All my imbalances around IM and chat rooms are now dissolved with ease

All my imbalances around sexting are now now dissolved with ease

I transcend being a target, and I move beyond it to safety and protection

I learn what I can do about being a target, and I do it

I realize I have a voice, and I use it effectively to stop the problem

I take action if anything is posted about me that is untrue, embarrassing, hurtful, or threatening

I file the right reports at the right time in the right ways

If I become a target, I talk about it to a trusted adult

If I become a target, I talk to those who can help me the most

If I become a target, I do not respond or retaliate as appropriate

If I become a target, I tell the bully to stop in the right way at the right time

If I become a target, I save the evidence with print outs and screen shots

If I become a target, I block that user from calling or messaging me or being able to see me online

If I become a target from an anonymous bully, I report it to the content provider

If I am threatened, I tell a responsible adult immediately

If I feel my safety is in danger, I call the police as appropriate

I do the right things at the right times in the right ways to protect myself

I protect myself and my online profile, and I stay safe

I choose to feel great about being smart about social media

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