



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 feel good about myself, and it shows in good ways
I am confident without being conceited and cocky
I am self assured without being arrogant and egotistical
I am positive and optimistic without being overbearing
I feel good about myself in the right ways for the right reasons
I'm not perfect and that's OK
I do my best, and that's good enough
I have a solid sense of my self identity and who I really am
I accept who I am and feel good about who I am becoming
I feel good about being the unique and different person that I am
I feel good about being the real and authentic person that I am
I feel good about being the powerful, loving, creative person I am

Changing

I am free to choose lots of things, and I make good choices
I know I am creating my life and my character with each choice I make
I recognize I am a person in process, and I flow with my process
I accept who I am and feel good about who I am becoming
I know the things I can change, and I change as appropriate
I choose to change to be a good person and have a good life
I know I can change the way I think to be a better person and create a good life
I know I can change the way I feel to be a better person and create a good life
I know I can change the way I act to be a better person and create a good life
I know the difference between what I can change and what I can't
I accept what I can't change about myself and my life

Conforming / Being Popular

I feel good about myself without competing for popularity
I see myself and my popularity honestly and objectively
I see others for who they really are; I see the in crowd for what it really is
I feel good about myself, whether or not I am in the in crowd
I'm happy with who I am, regardless of who does or doesn't like me
I'm happy with who I am, and I can thrive in any environment
I feel good about myself without conforming as appropriate
I never compare myself to media figures which are not real
I never compare myself to stars who do not live real lives
The days of comparing myself to others are gone forever as appropriate
I am cool without being a conformist: I am accepted for my true self
I appreciate and benefit from my differences and my uniqueness
I transcend others judging my differences and uniqueness
I am OK with my abilities, and I improve as appropriate
I transcend others judging my abilities
I am OK with my disabilities, and I improve as appropriate
I transcend others judging my disabilities
I am OK with my looks, and I improve as appropriate
I transcend others judging my looks
I am OK with my personality, and I improve as appropriate
I transcend others judging my personality
I am OK with my social and economic class, and I improve as appropriate
I transcend others judging my social and economic class
I am OK with my religion, and I transcend others judging my religion
I am OK with my race, and I transcend others judging my race
I am OK with my sexuality, and I transcend others judging my sexuality
Other's bias, prejudice and stereotypes have no power over my self esteem

Others' judgments, negativity and hate have no power over me as appropriate

I am empowered to change and improve and overcome my challenges

I am empowered to express the real and true me

Expressing the real and true me has all positive outcomes for me

Feeling good about myself is based on the kind of person I am

I get my status from being my true self, not how I look or dress

I get my acceptance for my real self, not what I have

I get acceptance and approval in all healthy ways

I am at ease in all social situations, and I'm accepted for who I am

I have good values and boundaries, and I maintain them

I don't try to fit in by doing bad things

I have a healthy sense of adventure without being a dangerous or destructive risk taker

I take the right risks at the right time in the right ways for the right reasons

Feeling Good About Myself

Feeling good about myself and I are one

I release and forgive myself for feeling good about myself

I release and forgive myself for not feeling good about myself

I release and forgive everyone who taught me to feel bad about myself

I release and forgive everyone who does not feel good about me

I release and forgive everyone who hated any part of me and taught me to hate myself

I release and forgive myself for not being perfect

I release and forgive everyone who tried to make me perfect

I release and forgive everyone who projected their low self esteem onto me

I release and forgive myself for projecting my low self esteem onto others

All my imbalances around feeling good about myself are now dissolved with ease

All my imbalances around security, control and approval are now dissolved with ease

All my imbalances around conforming are now dissolved with ease

All my imbalances around being pressured to do what others are doing are now dissolved with ease

All my feelings of inferiority are now dissolved from my life with ease

All my imbalances around judgment, criticism and disapproval are now dissolved with ease

All my imbalances around linking my self esteem with others' approval are now dissolved with ease

All my imbalances around trying to be perfect are now dissolved with ease

All my imbalances around feeling unworthy or undeserving are now dissolved with ease

All my imbalances around being rejected and betrayed are now dissolved with ease

All my imbalances around being neglected and abandoned are now dissolved with ease

All my imbalances around feeling alienated, isolated, alone and lonely are now dissolved with ease

All my imbalances around resistance and rebellion are now dissolved with ease

All my feelings of depression are now dissolved with ease

All my feelings of helplessness and hopelessness are now dissolved with ease

All my imbalances around feeling the need to escape from the circumstances of my life are now dissolved with ease

All my feelings of grief and loss are now completed with ease

All my feelings of pressure and stress from my family are now neutralized with ease

I transcend judgment - from myself and from others - and I move beyond it

I take responsibility for my self esteem and I allow others responsibility for theirs

My development as a good person is important to me

I feel good about myself without pleasing others as appropriate

Everything that decreases my self esteem is now neutralized

I unplug from groups and group identities that decrease my self esteem

Everything that increases my self esteem grows and expands

I do things every day that increase my self esteem in healthy ways

I choose to feel good about myself, and I'm glad to be alive and happy to be me

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