



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 can make a positive difference every day in some way  
I choose to make a difference by standing up to bullying  
I learn the best ways to stand up to bullying, so I am well prepared  
I identify the best resources for help, and I use them  
I know what to do and how to do it, and I stand up to bullying in very cool and powerful ways  
Each time I stand up to bullying, I get smarter and better at handling conflict  
Each time I stand up to bullying, I get more confident and self assured  
Each time I stand up to bullying, I make a positive difference, and I feel good about it

#### Bullying

It is easy for me to recognize bullying when it happens  
I understand playing and teasing are to have healthy fun and build relationships  
I understand bullying is about making someone look bad and feel bad  
I understand bullying is a power game, and it's about the bully having power  
It is easy to spot bullies and see the truth of what is going on  
I know bullying is not normal, OK, acceptable or justified under any circumstances  
I know bullying should not be tolerated, and I help prevent and stop it  
I know no one deserves to be bullied, and targets haven't done anything wrong  
I know bullies are at fault, and targets aren't to blame  
I know bullying is bad for everyone and can be traumatic for those involved  
I know bullying can make everyone involved anxious and afraid  
I know bullying can be a humiliating and shameful experience for everyone involved  
I know bullying can have negative consequences that last a lifetime  
I know what is right and wrong, and I choose right in my life  
I connect with like minded kids to condemn bullying  
We talk about standing up to bullying and figure out what can work, and we try it

We work together to increase peer respect and equal treatment  
We are part of the solution to the bullying problem

#### As A Bystander

I know there are no innocent bystanders in bullying  
I do not ignore, deny, or brush off bullying to avoid being involved  
I do not go along to be part of a group or to be popular or to belong  
I do not go along because the bully is my friend  
I do not go along to feel powerful or superior  
I know my response to bullying either helps or hurts, and I get involved to help  
I move beyond not knowing what to do to taking right action  
I move beyond being afraid I might do something wrong to doing the right thing  
I move beyond being afraid of being the next target or being hurt to being courageous  
I move beyond being afraid of making it worse to knowing what to do to make it better  
I am courageous enough to take action against the bullying I see around me  
I take action with strength and confidence, and I do the right thing  
If standing up will make the situation worse, I go to get help  
I move beyond any feelings of being a tattler, snitch or rat when I report bullying  
I do what I can to help the target of bullying  
I am kind and considerate to the target, and I tell them it is not their fault  
I am a friend to the target as appropriate

#### As A Target

I understand the bully is a jerk, and I am not to blame  
I figure out why I am a target, and I do what I can to change it  
I develop anti-bullying skills to stop being a target  
I don't have to fight or win or become a bully myself to be safe

I know my power is in my ability to choose my response to bullying  
I choose to handle myself well in all situations, and to handle the situations well  
I choose to be in control of myself and my emotions and to respond the best way  
I choose to move beyond fear and confusion to confidence and clear thinking  
I choose to be confident and self assured in the face of conflict and aggression  
I choose to feel good about taking positive action to protect myself  
I learn what works and what doesn't, and I do what works to end the bullying  
I tell the bully to stop clearly and assertively  
I have a rehearsed script of what to say, and I speak with confidence  
My body language and tone of voice say I am serious about ending the bullying  
If I need help, I know where to go and who to ask to get the right help  
I get the facts and I report them the right way to the right people at the right time  
I have friends, social support, and a protective network to ask when I need help  
I ask for and get the right help at the right time in the right way for the right reasons

#### I Stand Up to Bullying

Standing up to bullying and I are one  
I release and forgive myself for standing up to bullying  
I release and forgive myself for not standing up to bullying  
I release and forgive myself for not speaking up for myself and others  
I release and forgive myself and others for not being confident and strong  
I release and forgive myself and others for not being assertive and firm  
I release and forgive bullies for their actions against me and others  
All my imbalances around standing up to bullying, bias and hate are now dissolved with ease  
All my imbalances around standing up to abuse and violence are now dissolved with ease  
All my imbalances around speaking up for myself and others are now dissolved with ease  
All my imbalances around associating standing up and speaking up with pain are now dissolved with ease  
All my imbalances around being a target, victim or martyr are now dissolved with ease  
All my imbalances around victimizing or martyring myself are now dissolved with ease  
All my imbalances around being a bystander who doesn't help are now dissolved with ease  
All my imbalances around being afraid of bullies and their power are now dissolved with ease  
All my imbalances around being afraid of bullying and its effects are now dissolved with ease

All my imbalances around being afraid of conflict and confrontation are now dissolved with ease  
All my imbalances around feeling powerless, overwhelmed and unprepared are now dissolved with ease  
All my imbalances around feeling unworthy and inadequate are now dissolved with ease  
All my imbalances around feeling guilty and at fault are now dissolved with ease  
All my imbalances around freezing and blanking out around bullying are now dissolved with ease  
All my imbalances around my learned behaviors and responses to bullying are now dissolved with ease  
All my imbalances around my emotional, physical and chemical responses to bullying are now dissolved with ease  
All my imbalances around my cumulative trauma, anxiety and fear from bullying are now dissolved with ease  
All my imbalances around my distorted messages from bullying are now dissolved with ease  
All my imbalances around controlling and managing my impulses and reactions are now dissolved with ease  
I take responsibility for my part in bullying, confrontation and conflict as appropriate  
I give others responsibility for their part in bullying, confrontation and conflict as appropriate  
All my past issues around bullying, confrontation and conflict are completed with ease  
I see the bullying dynamic clearly, logically and rationally  
I stand up to bullies and bullying at the right times in the right ways for the right reasons  
I move beyond fear, helplessness and silence to take right and effective action  
I am safe, secure and protected when I stand up to bullying  
I am loved, accepted and supported when I stand up to bullying  
I stand up to bullying honestly, naturally, simply, smoothly and graciously  
Each day, I grow more comfortable and skilled at standing up and speaking out  
Each day, I grow more assertive and effective at standing up and speaking out  
It is natural to stand up to bullying, and I do it automatically and effectively  
I choose to feel great about standing up to bullying

©Helena's Hope 2013

Heal Bullying / Helena's Hope and Teri Mahaney, PhD, make no warranty or guarantee concerning the outcome or progress from the use of the Heal Bullying program or products and shall not be liable for any damages incurred therein.

