



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 my past does not determine my future
I know I can make changes and create a good life
I move past my negative experiences to create a good life
I see bullying clearly and how it has affected me
I use this understanding to get over my hurt and fear
I choose to get over the pain of being mistreated and bullied, and I do
I heal from my hurts in all positive and healthy ways
I know who I am, no matter what the bullies have said or done to me
I know there is something wrong with the bullies, not me
I know I am a better person than those who bully me
I know the bullies are jerks, and I am not to blame
I know the bullies should be ashamed, not me
I have the strength to get over my painful experiences
I have the courage to let go and grieve and move on, and I do
No matter how much I've been bullied, I heal and get over the hurt
No matter how much I've been bullied, I come out more resilient
No matter how much I've been bullied, I have self confidence and self esteem
No matter how much I've been bullied, I am optimistic and hopeful about my future

Releasing My Past

I release my past at the right times in the right ways for the right reasons
I recognize when holding on holds me back, and I let go for my own good
I understand releasing and forgiving is an act of courage and self esteem
I understand releasing and forgiving is an act of power and resilience
I have the strength of character to release and forgive bullies for their actions

I have the self esteem to release and forgive myself for being bullied
I have the confidence to release and forgive myself for how I reacted
I release and forgive my past in all positive and healthy ways
I know who and what to release and forgive, and I do it with ease
I know how and when to release and forgive, and I do it with ease
The more I release and forgive, the better my life is
I release and move through any denial about my pain and suffering
I release and move through my anger and rage about being bullied
I release and move through my bargaining about my bullying
I release and move through my depression about being bullied and hurt
I release all the hurt and fear, and I move on to a good life
I release the past and move on to be stronger and resilient
I release the past and move on to a healthy life
I release the past and move on to healthy relationships with myself and others
I release the past and create a positive present
I release my past and move on to and move on to a safe and secure future

I'm Over The Hurt

Being hurt and I are one
I release and forgive myself for being hurt
I release and forgive myself for not being hurt
I release and forgive everyone who hurt me
I release and forgive myself for letting others hurt me
I release and forgive myself for not being able to prevent or control others hurting me
I release and forgive myself for not being able to prevent or control bullying

I release the hurt of being bullied and mistreated
I release the hurt of being disrespected for who I am
I release the hurt of being dishonored as a gender, race, religion or class
I release the hurt of being bullied verbally
I release the hurt of being ridiculed, humiliated and embarrassed
I release the hurt of being called names, made fun of and laughed at
I release the hurt of being threatened and scared
I release the hurt of being bullied socially
I release the hurt of not being liked and accepted
I release the hurt of being left out and excluded
I release the hurt of feeling like I don't fit in or belong
I release the hurt of being bullied physically
I release the hurt of being hit, kicked, punched and shoved
I release the hurt of being cyberbullied
I release the hurt of others using social media to embarrass and humiliate me
All my imbalances around being hurt are now dissolved with ease
All my imbalances around being bullied are now dissolved with ease
All my imbalances around being a target or victim are now dissolved with ease
All my imbalances around fearing being a target or victim are now dissolved with ease
All my imbalances around being fearful and anxious are now dissolved with ease
All my imbalances around others wanting to hurt me to have power over me are now dissolved with ease
All my imbalances around taking responsibility for being bullied are now dissolved with ease
All my imbalances around thinking the bullies are right and I am wrong are now dissolved with ease
All my imbalances around false messages about myself are now dissolved with ease
All my imbalances around feeling guilty about being bullied are now dissolved with ease
All my imbalances around feeling powerless are now dissolved with ease
All my imbalances around feeling hopeless and helpless are now dissolved with ease
All my imbalances around feeling ashamed, embarrassed and humiliated are now dissolved with ease

All my imbalances around feeling bad about being different are now dissolved with ease
All my imbalances around being down and depressed are now dissolved with ease
All my imbalances around being angry and aggressive are now dissolved with ease
All my imbalances around feeling hatred and self hatred are now dissolved with ease
All my imbalances around not wanting to be here are now dissolved with ease
All my imbalances around my cumulative trauma are now dissolved with ease
All false messages and beliefs from being bullied are now dissolved with ease
My mind and thoughts are clear of being bullied as appropriate
My emotions and feelings are clear of being bullied as appropriate
My spirit and soul are clear of being bullied as appropriate
I am free from being bullied and its negative effects on me
I am free of all my trauma, stress and anxiety
I am free of all distorted and distorting traumatic messages
I'm over the pain of being bullied, and I move on
I'm over the hurt others have caused me, and I move on
My hurt and pain are replaced with resilience and inner strength
My hurt and pain are replaced with self confidence and optimism
I make positive thinking a daily habit
My positive habits help me become the person I want to be
My days are filled with optimism, enthusiasm and a zest for life
I feel free to laugh and play and be myself
I have faith in myself and my future
I move toward my future with confidence and trust
I release my past, live in my present and welcome my future
I feel great about moving beyond bullying to a good life
I choose to feel great about my life and my future

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