

# 100 SUBLIMINAL AFFIRMATIONS

Sterling Ellsworth, PhD.

1. My Real Self is perfectly lovable without any other conditions
2. My positive self is very capable
3. My Real Self is a student in the earth school
4. Everything that happens to me is designed to teach me more
5. I want to learn so I will be more powerful and happier
6. My Real Self has great worth just as s/he is
7. My worth is tried and tested as I win over the negative self
8. My Real Self is thousands of years old
9. My Real Self is everlasting
10. Death is graduation day for my Real Self
11. My Real Self knows how to be born and knows how to die
12. It is just as important to die as it is to be born.
13. I welcome birth and death
14. The purpose of my life is to be happy
15. I am glad it is my turn on earth
16. I have great love and respect for my positive self
17. I treat my Real Self gently and kindly
18. All my purpose and meaning comes from my Real Self
19. I am a child of God; I belong on this earth
20. I give my Real Self big jobs to do
21. I have the right to learn and grow winning over my negative self
22. The negative self is a refining fire
23. I must experience difficulty to grow
24. I welcome adversity and challenges
25. I am especially good at handling problems
26. I am eager to solve problems
27. Mistakes are learning devices for me
28. I admit mistakes freely
29. Successes are learning devices for me
30. My Real Self is very positive
31. Success is my friend, failure is my friend
32. The negative self is a lie
33. Frustrated expectations precede all stress, anger, and pain
34. I am very flexible with all my expectations
35. My Real Self makes mostly independency expectations
36. I share all dependency expectations with the person they involve
37. My real Self makes expectations which match changing reality
38. The Real me is stress free
39. I am calm and peaceful no matter what comes up
40. The Real me has perfect balance of tenderness and power
41. My major expectation source is the Real me
42. Only I am in charge of my primary happiness

43. Everything I need is in my Real Self
44. My Real Self brings me great joy
45. I stay in my Real Self no matter how negative others get
46. It is an honor to be the enemy of anyone in their negative self
47. I can temporarily modify expectations in a split second
48. I can identify negative programming immediately and reverse it
49. My Real Self overcomes all negative brainwashing from my childhood
50. All Real Selves automatically love my Real Self
51. I like and dislike people for right reasons only
52. I choose everything I think, feel, do, and say
53. No one is in charge of my feelings but me
54. My Real Self loves to be alone; I am my best friend
55. Being human comes first, then being male or female
56. I get my worth from my Real Self, not from my children's behavior
57. My Real Self makes me happy, not love substitutes
58. I learn from my hang-ups and soon overcome them
59. Only Real Selves turn me on. I use food, sex, and drugs wisely
60. I make love only to celebrate a permanent romantic union
61. Abuse of sex, food, or drugs are love substitutes
62. My body is a learning device
63. I love my body and take good care of it
64. I treat my body with great dignity and respect
65. I love myself way too much to keep any hang-ups very long
66. I receive all love supplies from other Real Selves
67. Other Real Selves nourish my Real Self too
68. I am good at listening and understanding
69. I use listening from others to grow
70. I know exactly when to give each love supply
71. I choose the right love supply at the right time
72. I am a good hugger
73. I give perfect verbal affection
74. I give perfect physical affection
75. I do right things for right reasons
76. I know when to listen and when to talk
77. I trust my own and other's Real Selves
78. I find the good in myself and others
79. I can explain things clearly when it's time
80. I am very assertive at the right time
81. My discipline is a blend of tenderness and power
82. I love to be alone with my Real Self
83. I seek only my own kind of people or stay alone
84. I have other Real Self friends
85. I am capable of romantic love
86. I marry only for right reasons

87. My search models are known to me
88. My search models come from my real self
89. I terminate relationships for right reasons
90. I find negative lies and payoffs quickly by finishing sentences
91. Finishing sentences works very well for me
92. Dumping garbage nourishes my Real Self
93. I succeed in doing the three questions
94. I prevent anger and pain buildup by making realistic expectations
95. I erase negatives and replace with positives
96. I am exceptionally good at negative and positive thought selection
97. I visualize clearly and powerfully to nourish my Real Self
98. I replace negatives with positives in the past, present, and future
99. I nourish my Real self constantly with love supplies of all kinds
100. Affirmations work very well for me.