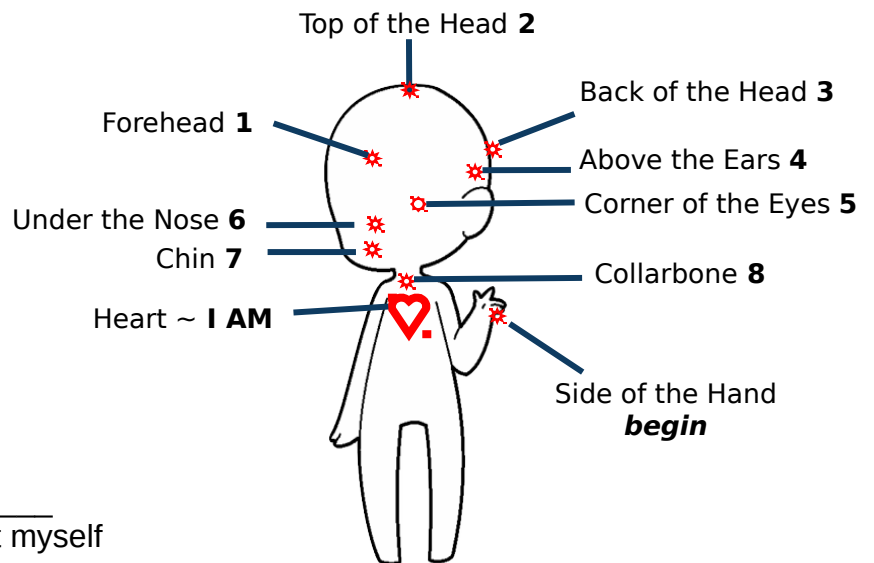




(Side of the hand)
Even though I feel _____
I deeply and completely Love and Accept myself

Even though I feel _____
I can forgive myself for that

Even though I feel so _____
I can release that now

(on the forehead)
I now release myself from feeling _____

(top of the head)
I now release myself from feeling so _____

(back of the head)
I now release my subconscious mind from feeling so _____

(over the ears)
I now release my inner child from feeling _____

(corner of the eyes)
I now release myself from feeling so _____

(under the nose)
I now release myself from punishing myself because I feel _____

(on the chin)
I now release myself from my pattern of feeling _____

(on the collarbones)
I now release myself from my habit of feeling _____

(now gently on the heart)
I AM SAFE
I AM GOOD
I AM KIND
I AM RESILIENT
I AM WORTHY
And WONDERFUL THINGS ARE HAPPENING



Contact us at
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