



DESOLVING RESISTANCE Phase 2

Daily affirmation

While we are dissolving resistance we need to establish self-acceptance and positive affirmations about what we want to accomplish.

Answer the following questions in regards to the particular situation you previously wrote down.

- Will I accept my feelings and resistance in regards to this situation, emotion, person, or memory?

- When will I accept my feelings and resistance to this situation, person, emotion, or memory?

- Will you allow yourself to change for the better? Write out the answer as a sentence.

- What will you change?

- Why will you change?

- When will you begin to create change?
