

# Affirmations

## Positive Affirmations

Affirmations or positive suggestions have been used for many years as coping tools and positive motivators. Affirmations are most effective during deep relaxation because the subconscious mind is more open to suggestion. The words themselves are not magic, rather it is the person's belief in the words that is important. Practice saying affirmations, silently, with slow breathing technique (in through the nose, out through the mouth)

Example: "In the infinity of life where I am, all is perfect, whole and complete. I see any resistance patterns within me only as something else to release. They have no power over me. I am the power in my world. I flow with the changes taking place in my life as best I can. I approve of myself and the way I am changing. I am doing the best I can. Each day gets easier. I rejoice that I am in the rhythm and flow of my ever-changing life. Today is a wonderful day. I choose to make it so. All is well in my world." Repeat: I am strong. I believe in myself. If I believe in myself, anything is possible. (Adapted from: Hayes, Lousie. "You Can Heal Your Life.")

## Guided Imagery

Guided imagery is a process through which a person learns to visualize him or herself as powerful and peaceful. Affirmations may be used to visualize and potentially affect specific body parts as in cancer therapy and pain control.

Example: "Relax completely, body and mind and put your responsibilities aside for a while. For the next few minutes there's nothing you need to do, no problem you need to solve. This is your time to relax and be at peace. Breathe deeply and rhythmically. Let your breathing become a little deeper, a little slower, without forcing the breath in any way. Now imagine that you are in a peaceful special place, a place that makes you feel comfortable and totally secure. It can be any place at all: real or imaginary, a mountain top, a lush valley, a warm beach, a meadow dotted with wildflowers, or a room where you feel comfortable-whatever makes you feel perfectly secure. Take a few minutes to let the details of this special place unfold before your mind's eye. If distracting thoughts come into your mind, imagine they are little puffs of white clouds carried away by the breeze on a clear day. And let them drift away. Explore your special place, enjoy being there. Acknowledge this is your own place, no one can enter without your invitation. You can return to your special place any time you want to feel peaceful and completely relaxed. When you are ready to return to your everyday life, count slowly to five, stretch gently and open your eyes." Remember, that all is well in your world! (Adapted from: Jones, Carl. "A Special Place.")

## Writing Affirmations

### Pregnancy

1. Pregnancy is healthy, beautiful, and natural.
2. I am eating nutritious foods for my baby.
3. I am able to make the best choices for a healthy, joyful birth.
4. I believe in my abilities. I am a loving person.
5. All is well in my world.

### Birth

1. I am relaxed as I feel the power of my contractions.
2. Contractions massage my baby's body in preparing for birth.
3. I feel the love of those helping me.
4. I accept the healthy pain of labor, if and when it is here

### Father/Support person

1. I have the strength to support my wife (partner) through labor and birth.
2. I send my love and support to my wife (partner).
3. I will be a loving parent. I believe in my abilities.

### Postpartum

1. I feel the strength and joy in holding my baby. My breasts make milk to nourish my baby.
2. I am adjusting to my life with my new baby.
3. Rest strengthens my body for mothering.
4. I am a loving wife and parent.