

Friend Generator

**Create Lifelong Supportive
Relationships**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are becoming more outgoing and developing relationships with people. Imagine seeing a contact list filled with people that you can depend on, and that can depend on you.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more outgoing and friendly. Write down any positive comments others say about your behavior.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I deserve to be loved

I deserve to have friends

People love me

People will not judge me for what I believe in

People accept me

I have a rich fantastic inner life

I am emotionally stable

The inflection of my voice conveys understanding

The inflection of my voice conveys courage

I am not shy in expressing my personal power

I respect myself

I respect others

I share open heartedly

I am a loyal friend

People trust me with secrets

People kindly come to me to help them

I have a large group of friends and acquaintances

I am becoming more empathetic everyday

I relate to all types of people no matter the age

I am a bridge between generations

I always meet a helpful person on vacation

I attract people who will bring me great gifts

I attract positive people who will help me in my career greatly

I am a well known person

I eliminate self sabotage

I improve everybody's life just by them being in my presence

I am a reliable person in my friends time of need

My friends always remember me for the positives all throughout their life

I leave a positive lasting impression on people

My friends are grateful to be around me

I bond with people easily

My friends love to call me

My friends love being around me

I bring out the hidden talents of my friends

My friends always help me when I'm in need

I attract rich and powerful friends

I attract sexy friends

I attract smart friends

I attract kind friends

My friends always look to me to lead them

I am popular

I am the most loved person in my social circle

My friends help me achieve my goals

The best friend that I've been waiting for is on their way

I am a supportive friend

Positive Friends from past lives come back into my life

My friends from past lives help remind me of who I am

I recognize each friends hidden talent

I love myself

I admire myself

I support myself

I accept myself

You deserve to be loved

You deserve to have friends

People love you

People will not judge you for what You believe in

People accept you

You have a rich fantastic inner life

You are emotionally stable

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