

Open Communication

**Release Social
Resistance**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are in a social setting and feeling zero emotional resistance between you and everybody around you, both strangers and friends.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more social and outgoing. Keep a record of all positive things others say about your new behavior and social energy.

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

mindpersuasion.net

Affirmations

I communicate easily

I open myself

I express myself

I release fear of rejection

I release fear of failure

I easily express myself to others

I openly express myself to others

I accept my feelings as valid

I accept my ideas as valid

I accept my thoughts as valid

I accept my opinions as valid

I openly share my feelings

I openly share my thoughts

I openly share my opinions

my feelings are worthwhile

My thoughts are worthwhile

my opinions are worthwhile

I express my fears

I express my concerns

I express my worries

I share my fears

I share my concerns

I share my worries

I easily discuss complicated topics

I easily discuss sensitive topics

I easily discuss emotional topics

I discuss emotional topics objectively

I discuss sensitive topics objective

I am a great listener

I am an open listener

I emphasize with others

I connect with others

I share many things in common with others

I help others

I allow others to help me

I love myself

I love others

I allow others to love me

You communicate easily

You open yourself

You express yourself

You release fear of rejection

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