

Approval Free

**Release Dependency on
Others Opinions**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are less and less dependent on the approval of others.

Tips for Success

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

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

mindpersuasion.net

Affirmations

I release the opinions of others

I am independent of the opinions of others

I am independent of the criticism of others

I validate myself

I support myself

I only need my own approval

I am independent of the approval of others

I release my concerns for what others think

I allow others to have their own opinion

I encourage others to have their own opinion

I listen objectively to the opinions of others

criticism from others is completely neutral

approval from others is completely neutral

I own my own decisions

I own my own actions

I own my own thinking

I own my own behavior

I give myself all that I need

I give myself all the validation I need

I give myself all the approval that I need

I am powerfully independent of others

I focus only on what I choose

I focus only on what I create

I focus only on what I design

my life belongs to me

my thoughts belong to me

my thinking belongs to me

Only I have power over my thinking

Only I have power over my emotions

Only I have power over my frame

only I have power over my state

I am always centered and confident

I am always relaxed and confident

I am always in control of my frame

I am comfortable every where I go

I am comfortable alone

I am comfortable around strangers

I am comfortable and confident around those who despise me

I am comfortable and confident around those who love me

You release the opinions of others

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You are independent of the criticism of others

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You support yourself

You only need your own approval

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