

Beat Depression

Feel Needed and Appreciated

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where feel good about yourself regardless of the external conditions.

Tips for Success

Keep a daily journal and record any objective evidence that you are feeling better about yourself. Write down any positive statements made by others.

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

mindpersuasion.net

Affirmations

people love me

people need me

people respect me

I am whole

I am complete

I am powerful

I am unique

I am important

I am needed

the world needs me

the world depends on me

the world respects me

the world hopes I'll succeed

people need me

people want me

people desire me

people look up to me

people learn from me

people respect me

people admire me

my future is open

my future is bright

I will find love

I will find romance

I will find companionship

I will find success

I will create wealth

I will enjoy wealth

every day I am getting better

every day I feel more love

every day I express myself more

every day I have more hope

every day I have more desire

life is wonderful

life is beautiful

life is rewarding

life is amazing

life is a wonderful journey

I love myself

I love my body

I love my experiences

I love my thoughts

I love my past

I love my future

I accept love

I accept hope

I accept guidance

I accept abundance

people love you

people need you

people respect you

You are whole

You are complete

You are powerful

You are unique

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