

Reject Rejection

Accept All Feedback

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you feel self-confident regardless of the behavior of others.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming less dependent on the opinion and approval of others. Write down any positive statements made by others.

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

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Affirmations

I accept myself

I love myself

I enjoy who I am

I accept others

I realize everybody has the freedom to make their own decisions

I'm always open to new possibilities

I am always looking for new possibilities

I enjoy speaking with others

I respect the independent decisions of others

I give myself plenty of love

I give myself plenty of respect.

I always accept myself

I always love myself

I always respect myself

I always feel accepted by others

I always feel respected by others

I always feel loved by others

I accept myself no matter what

I respect myself no matter what

I love myself no matter what

I am always accepted when I accept myself

I am always loved when I love myself

I am always respected when I respect myself

I accept the opinions of others as valid

I respect the opinions of others

I accept the ideas of others

I respect the ideas of others

I accept the choices of others

I respect the choices of others

I accept the decisions of others

I respect the decisions of others

You accept yourself

You love yourself

You enjoy who You are

You accept others

You realize everybody has the freedom to make their own decisions

you are always open to new possibilities

You are always looking for new possibilities

You enjoy speaking with others

You respect the independent decisions of others

You give yourself plenty of love

You give yourself plenty of respect.

You always accept yourself

You always love yourself

You always respect yourself

You always feel accepted by others

You always feel respected by others

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You respect yourself no matter what

You love yourself no matter what

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