

## AFFIRMATIONS FOR A BETTER LIFE

As I gently release my feelings of shame and guilt, I become more in touch with my inner sociopath.

I have the power and ability to channel my imagination into ever soaring levels of delusion and paranoia.

I take full responsibility for all of my feelings and actions, except the ones that other people cause.

I no longer need to suppress, deceive or compromise myself in any way, unless I want to stay employed.

In some cultures what I do would be celebrated as "normal."

My intuition almost compensates for my lack of self understanding.

I am grateful that I am not as judgmental as all those censorious, self righteous idiots around me.

I need not suffer in silence while I can still whine and complain.

As I learn to trust the universe, I no longer need to carry as many guns.

All of me is beautiful, lovable, and worthwhile, even the ugly, despicable and stupid parts.

I will strive to live each day as if it were my 50th birthday.

I honor and express all facets of my being, regardless of state and local laws.

Just for today ... I will not sit in my living room all day in my underwear; I will move the computer into the bedroom.

Why waste time reliving the past when there is so much to worry about the future?

The complete lack of evidence is the surest sign that the conspiracy is working.

I am learning that criticism is not nearly as effective as sabotage.

Becoming aware of my character defects leads me naturally to blaming my parents and spouse.

To enjoy a successful relationship, I must learn to make it loot< like I'm giving as much as I'm getting.

Before I criticize a man, I walk a mile in his shoes. That way, if he gets angry, he's a mile away and barefoot.

Joan of Arc heard voices too.

A borderline personality is better than having no personality at all.

I am at one with my duality.



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.