

# VERBALIZE YOUR INTENTION

VERBALIZATION CAN INSERT INTENTIONAL POSITIVE STATEMENTS ABOUT HOW YOU WANT TO BEHAVE AND REPLACE NEGATIVE THOUGHTS THAT AUTOMATICALLY POP INTO YOUR HEAD. USE THIS WHEN YOU WANT TO MANAGE YOUR MOOD AND DIRECT YOUR BEHAVIOR.



- 1. SELECT AN AUTOSUGGESTION PHRASE TO HELP CORRECT YOUR BEHAVIOR.**

- 2. REPEAT THE PHRASE 10-20X MORNING AND EVENING WHEN RELAXED.**



- 3. SAY THE PHRASE ALOUD UNTIL YOUR MIND LEARNS NOT TO JUMP AWAY.**



- 4. REPEAT THE PHRASE SLOWLY AND FOCUS ON IT COMPLETELY.**

- 5. USE BEADS, KNOTS IN A STRING, OR YOUR FINGERS TO COUNT.**

**REPEAT SEVERAL TIMES.**