



The Cancer Recovery Pyramid: Attitude Resource #3

Choose a Daily Affirmation

Self-talk is the constant conversation of our minds. We process everything, our internal dialogue always interpreting events and creating meaning. Positive affirmations can guide and direct this inner conversation and, in the process, change our response. These affirmations are simply short statements that express the desired outcome. When combined with an acceptance that the old belief is changeable and the genuine desire to change, we begin to create a new reality.

1

Limiting Belief

CANCER MEANS DEATH.

Similar beliefs: Cancer cells are powerful. I am always ill. My body is weak. My resistance is low. I might struggle but the cancer will eventually get me.

Non-limiting Affirmation

CANCER IS A MESSAGE TO CHANGE.

Similar affirmations: Cancer cells are weak and confused. I have a healthy body. I am building my immune function. My body has its own inner healing wisdom.

3

Limiting Belief

THERE IS NOTHING I CAN DO.

Similar beliefs: I am a victim of cancer. I have no control over what happens to me. I can't help what I think. I can't help what I feel. I have no choice.

Non-limiting Affirmation

I AM IN CHARGE OF MY CANCER.

Similar affirmations: There is a great deal that I can do. I am in charge of my own life. I have many choices. I have great creative resources.

2

Limiting Belief

CANCER TREATMENTS ARE TOXIC AND INEFFECTIVE.

Similar beliefs: I hate my treatments. I always get sick after treatment. I am always so tired after radiation.

Non-limiting Affirmation

I CHOOSE TREATMENTS THAT HAVE MY "EXCITED" BELIEF.

Similar affirmations: I believe in my minimally-invasive treatment choices. My treatment side effects are readily managed. I am filled with healing energy.

4

Limiting Belief

I AM SO AFRAID.

Similar beliefs: I am helpless. I am trapped. I fear surgery... chemotherapy... radiation.

Non-limiting Affirmation

I AM FILLED WITH HOPE.

Similar affirmations: I am confident. God's spirit of love is within me. I have positive choices.

Choose a Daily Affirmation continued

5

Limiting Belief

I DON'T HAVE ANY ENERGY.

Similar beliefs: It's too hard for me. I am lazy.

Non-limiting Affirmation

I AM ACTIVE.

Similar affirmations: I have positive energy. Joy and pleasure help me heal.

6

Limiting Belief

IT'S GOING TO TURN OUT BADLY.

Similar beliefs: I'm unhappy. There's no hope. I don't deserve healing.

Non-limiting Affirmation

THIS ILLNESS IS GOING TO TURN OUT PERFECT.

Similar affirmations: I am happy. Life is good. I am worthy of healing. I accept myself as I am now.

7

Limiting Belief

I AM A WEAK PERSON.

Similar beliefs: I am emotionally... intellectually... physically... spiritually weak. I am not capable of self-healing.

Non-limiting Affirmation

I AM STRONG.

Similar affirmations: I am filled with "heart." I am filled with self-respect. I have a fighting spirit.

8

Limiting Belief

I'M NOT GOOD ENOUGH IN GOD'S EYES.

Similar beliefs: I'm not worthy. I'm not acceptable to God. I am always wrong... guilty... inferior... a failure. God is out to "get" me.

Non-limiting Affirmation

GOD DEEPLY LOVES ME.

Similar affirmations: I am a good person. God created me. I am a child of God. I accept myself as I am. I respect myself.

9

Limiting Belief

MY DOCTORS DON'T CARE ABOUT ME.

Similar beliefs: People don't really care. Healthcare professionals are only out for what they can get. My doctor rejects me. My doctor cares only about his/her fee.

Non-limiting Affirmation

PEOPLE LIKE AND CARE FOR ME.

Similar affirmations: My doctor did what he/she did with the best possible motives. He/she really does care for me. I care for myself.

10

Limiting Belief

PESSIMISM: THINGS WILL NEVER GET BETTER.

Similar beliefs: Things never change. Things are getting worse. I can never change. People in my life can never change. I'll never have the healing I want.

Non-limiting Affirmation

EVERY DAY, IN EVERY WAY, I AM GETTING BETTER AND BETTER.

Similar affirmations: Everything is changing for the better. My healing goes well. I feel good about myself. God is for me. Life is good. This day is good. I am worthy of all God's blessings.