

Want to Reduce Stress? Make Yourself Safe with You

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When **You**, from the perspective of your compassionate, leadership Self [Human brain – prefrontal cortex] say the following statements to the frightened and overwhelmed *parts* [lower brain] of you, **You** are:

- ☐ Sending a message of safety that turns off the stress response and stress hormones
- ☐ Transiting to a new, robust self-image that is stronger and wiser than your usual default and limited ego-identity
- ☐ Accessing deep inner resources [Left & Right brain] to cope more effectively with life as it is now
- ☐ **Reducing the stress and anxiety** of your ego struggling alone, as if separated from the wisdom of your body, subconscious genius, and the laws of the Universe that support you
- ☐ Empowered to play a protective role toward your body and life from the perspective and effective leadership voice of your integrated brain and Higher Self

When **You**, from an expanded identity, speak in the compassionate voice of your adult, protective Self, you replace stress and self-threat with **safety**; replace anxiety with **presence** in this moment, and replace separateness with **connection** to a larger support system inside and outside. **You** are empowered to protect your body and smaller “egos,” by guiding them toward inner peace and safety by saying:

- Even if *you* [insert your name] feel frustrated or depressed, I accept you completely.
- Regardless of what happens in your life [insert your name] your worth is always safe with me.
I will not make you feel bad. [You can use “*Whatever happens*” or “*No matter what happens*”]
- Regardless of what you can or cannot do [insert your name] you are always worthwhile with me.
- Regardless of whether you win or lose [insert your name] you deserve love, respect, and freedom from self-criticism.
- Regardless of what happens to you [insert your name], you deserve to be treated with dignity and respect. I will always respect your life [insert your name] and your body.
- Regardless of who stays or who goes, I am on my side. I will always be with you [insert your name].
- Regardless of how ill or healthy you become, [insert your name] I appreciate the effort, wisdom, and protection given me you and my body and my spirit.
- Regardless of how intense your emotions [insert your name], I acknowledge their validity for you, and I accept them completely. I am strong enough to be with *all* your emotions [insert your name].
- Regardless of how uncomfortable others are with you, [insert your name], your feelings or your body, I will always accept you and remain at peace with you. You come first with me.
- Regardless of your problems and issues, [insert your name] I accept you and love you completely.
- Regardless of the health or weakness of our body, [insert your name] I can always heal my spirit.
- Thank you [your name] for getting started and showing up. [Thank yourself at least 3 times/day.]

See the research of Dr. Ethan Kross cited in *Psychology Today*, May/June 2015, p. 53.

Note: these are not the typical positive affirmations. You’ll find them more powerful because **you** are not trying to convince yourself that everything is okay. **You** now are your stronger Self speaking to a smaller, ego-part of you—a part that is easily overwhelmed because it acts as if separated from your larger support system. **You** are now empowered to protect and guide these parts that have limited, out-dated ways of coping with your life.

Imagine you’re holding a crying infant, reassuring him or her that:

1. **Now someone is here who is strong enough to be with all your emotions and physical upset;**
2. **You are no longer alone;** and 3. **You now can accept the child and yourself as human, free of the pressure to be perfect and invulnerable.**

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