



## Say What You Want

By Dr. Linda Hancock

### ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email [office@drlindahancock.com](mailto:office@drlindahancock.com)

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So often people tell me how upset they are about things that are happening in their lives. They rehearse all of the details of their troubles over and over again and are convinced that things will not change or get better.

Then they complain that other people seem to be avoiding them. No wonder!

What do you think would happen if, instead of saying what you don't want, you would say what you do want? You really have nothing to lose by doing this. You see, repeating negatives over and over again is depressing! And you have a far better chance of making positive change in your life if you focus on what you do want instead.

I have wonderful news for you - you can only hold one thought or idea in your mind at a time. You have control that you probably didn't know you have. So, instead of blaming your environment or the people in your life, or your past, or worrying about things that haven't even happened yet, you can take responsibility for your own thoughts. Might as well make them good ones!

Following are a few affirmations, written in the present tense, that will help you to have a better day. Try writing them on index cards and putting up on your bathroom mirror, car dash and other places as a reminder that you get to choose what you will think about each day:

- I can control my emotions.
- When I take a deep breath and relax - I am calm.
- I am a mature individual.
- Over the years I have done some good things.
- I gather information before making decisions.
- There are many things for which I am thankful.
- I can make good, healthy choices.
- Every day I take care of my own needs.
- I eat regular nutritious meals.
- No one can choose my mood except me.
- I allow others to take responsibility for their choices and feelings.
- I put one foot in front of the other.
- Forgiveness is a gift that I give myself and others.
- I let go of the things that I cannot control or change.
- Today is the only time that I have right now.
- I have all that I need right now.
- I set reasonable and achievable goals which I can accomplish.
- I am thankful that I can move and exercise - because I can.
- My mind is stronger than my feelings.
- I choose who I am and how I am.
- Today I am thankful for these five things...

Once you have repeated and mastered these ideas, try writing out some of your own.

Soon you will find that your conversation is more positive, and you feel better about life! Oh, and instead of people avoiding you, they will want to be around you so some of your positive energy can rub off on them!