

USE AFFIRMATIONS TO ERASE DOUBTS, FEARS, AND ANGER

1. **I DISSOLVE ALL ANGER BY THE ACTION OF LOVE!**
2. **ALL RESENTMENT DISAPPEARS AS I LEARN TO UNDERSTAND AND FORGIVE.**
3. **ALL CRITICISM IS REMOVED AS I LEARN TO APPRECIATE AND APPROVE.**
4. **I LOVE PEOPLE.**
5. **I LOOK FOR THE BEST, I EXPECT THE BEST,
AND I ACCEPT ONLY THE BEST AT ALL TIMES.**
6. **I LOVE LIFE AND I LOVE TO LIVE.**
7. **I HAVE NO TIME FOR PETTY GRIEVANCES.**
8. **I AM A LOVING PERSON NOW.**



More to come . . .