

# Flipping a Negative Belief - Formatting a Command

## Simple method

I don't know how I (State what you want) I only know it is so now and I am fulfilled.

## The Simple Flip

Example: I *never* get what I want      The Flip: I *a/ways* get what I want

## Command:

I don't know how I always get what I want I only know I do now and I am fulfilled!

## Exercise: Ask yourself

What is something you would like to change but haven't been able to until now?

What is the opposite of this experience to you?

Now make the new statement out loud and ask does that feel true?

---

## Now create your command:

I don't know how I \_\_\_\_\_, I only know I do now /it is so now and I am fulfilled.

## Now Let's Go Deeper

When you think about being afraid (or the situation you want to change), what feelings or emotions are you aware of? Think in terms of *how* you feel it, For example jittery, constricted, heavy weight, blank, tiny, pressure in chest, etc.

---

What would you like to feel instead? Ex. Light, strong, comfortable, big, expansive

---

Now state your command using the feeling you do want instead

I don't know how I am \_\_\_\_\_ I only know I am now and I am fulfilled.

**Now go back and check on the limiting emotion. How does it feel now?**