



**HKU
Med**

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MINDFULNESS-BASED POST-OPERATIVE CHRONIC SHOULDER PAIN MANAGEMENT MODULE 3: SELF AFFIRMATION



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‘Vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.’ ~ Carl Jung

With a list of self-affirmation statements, you now use it to reinforce your core beliefs associated with these statements and repeat them as often as you can, even every day. Rehearse the self-talks by making these statements accessible to you so that they are your daily reminder to be positive, confident and resilient to any situations.

Take just a minute...

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| 1. I am quiet and still |
| 2. I speak to my senses, "for a moment stop, just stop, relax and be calm" |
| 3. My thoughts begin to slow down... my mind becomes clear... |
| 4. My mind is free and at rest |
| 5. I breathe slowly. My mind relaxes, is refreshed |
| 6. I breathe in, I gather all tensions and anxious thoughts; I breathe out, I blow them all away. The body relaxes and my mind becomes free. |
| 7. I let go of the past, fear and uncertainties. |
| 8. Today I live with joy and love, and least resistance |
| 9. I focus only on what makes me feel good at the present moment |

