

# **Battle Your Brain, Master Your Mind Affirmations**

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[Excerpted from Battle Your Brain, Master Your Mind: How To Stop Smoking and Vaping Once and Forever]

## **Believers Say Their Prayers and/or Affirmations**

A final reminder to write the following Belief Statements down on an index card and say them over and over throughout the day.

(Prayer Version:)

"Thank you God for making me a *Non-Smoker*. Thank you for helping me not to smoke so that I may live a long and healthy life. I am grateful for being a *Non-Smoker*."

(Secular Affirmation Version:)

"I am grateful that I am not a *Smoker*. I am happy that as a result of my not smoking, I will live a longer and healthier life. I am grateful for being a *Non-Smoker*."

To maintain and reinforce any new belief, you must first create and use appropriate self-talk:

“I am NOT a ‘*Smoker*.”

“I AM a ‘*Non-Smoker*.”

“Cigarettes are poison.”

“I am happy I am a ‘*Non-Smoker*.”

“Cigarettes don't help.”

“Cigarettes don't really make anything better.”

“I don't want to smell like smoke and ashes anymore.”

“Every cigarette I don't smoke adds years to my life.”

“I love my body and will not poison it any longer.”

“I am grateful that I am a ‘*Non-Smoker*.”

## Belief and Self-talk

The relationship between belief and self-talk is complex. Beliefs generate our self-talk. And self-talk, which is the verbalization of our beliefs, reinforces them.

However, writing a new script for our self-talk, and then saying it aloud consistently -- thereby, hearing it consistently, is also one of the ways we create and modify our beliefs. These complex, interwoven, interdependent relationships appear confusing because they are tangled together so complexly in the fabric of our psyche.

I do not presume to completely understand the mysteries of consciousness and its subconscious influences. But I believe I have been blessed with a glimpse behind the curtain.

Beliefs define our identity, anchor our position in the universe, frame our perception of reality, and determine our behavior.

Our self-talk is the chorus of thoughts that speak to us in our own voice, in our own head, throughout the day. It is the ongoing conversation that we have with ourselves which flows from our beliefs day-to-day, minute-by-minute and which continually comments (positively or negatively) on every event of our lives.

In order to change your behavior and enable your mind's new script for your self-talk to be completely accepted by your brain, it is necessary to fully embrace your newly chosen belief with every ounce of your will and every drop of your desire. Otherwise the brain will slip back into the old scripts it has previously memorized and with which it has previously been programmed.

Following are the steps necessary to change your behavior:

- 1) Choose your new belief (e.g., I am a *Non-Smoker*).

- 2) Imagine how wonderful it will be when the belief you've chosen becomes manifest in your day-to-day life. Visualize your belief in action as part of your daily life. Do your best to include details; make it real. Embrace this reality.  
Desire this reality. Tell your self to accept the reality of your belief.
- 3) Write a new script for your self-talk in accordance with your new belief (some examples are given below). Be as specific as possible. A vague belief leads to ambiguity and confusion, making it powerless. Specificity, clarity, and simplicity give your belief power.
- 4) Use your new self-talk to repeatedly and consistently reinforce your new belief -- to help your brain accept it, believe it, follow it, and act in accord with it.

Write down a couple of brief sentences on a 3" x 5" index card that clearly and positively express your new belief:

"I am NOT a *Smoker*."

"I AM a *Non-Smoker*."

"I am happy I am a *Non-Smoker*."

"I am grateful I am a *Non-Smoker*."

"Smoking doesn't help anything. Smoking harms everything."

Then write it again. This time press down hard. Make an impression on the paper just like you are making an impression on your mind.

"Cigarettes don't make anything better."

"I am free of my slavery to cigarettes."

"I look forward to buying [the Trade you've decided on] with the money I've saved by not wasting it on poisonous smoke and ashes."

By the way, make certain you include the quotation marks when you write down your self-talk. When we see quotation marks our brain knows that what is contained within them is speech -- we hear the words spoken in our mind as we read them, even silently. Read these sentences over and over throughout the day. They are the new soundtrack for your subconscious.

Writing down your new beliefs, but never incorporating them into your daily self-talk, will render the words ineffective. While there is enormous potential power in the words, their ability to lend your beliefs their strength is dependent on their becoming an integral component of your self-talk, so use them over and over again.

Beliefs that are given voice in your self-talk for just a day are often effective for only a day. The mind of man is forgetful. Perhaps that is the reason why the Bible admonishes believers to keep holy the Sabbath every week and to praise God every day. While you may or may not accept the Bible as the word of God, it is indisputably the word of the faithful, the believer. And belief is the core of learning to master your mind.

For example, "Thank you God for making me a *Non-Smoker*. Thank you for helping me not smoke so that I may live a long and healthy life. I am grateful for being a *Non-Smoker*."

I found this type of prayer a great help. But the following secular affirmation will be equally potent for those who choose not to pray to God.

"I am grateful that I am not a *Smoker*. I am happy that because I do not smoke I will live a long and healthy life. I am grateful for being a *Non-Smoker*."

Whether you choose the way of prayer or the secular affirmation, it is vitally important that you say one or the other -- or both -- a number of times (at the very least 3x) a day, every day. If you do, you will be amazed by the strength they will give you to succeed in being a "*Non-Smoker*."