

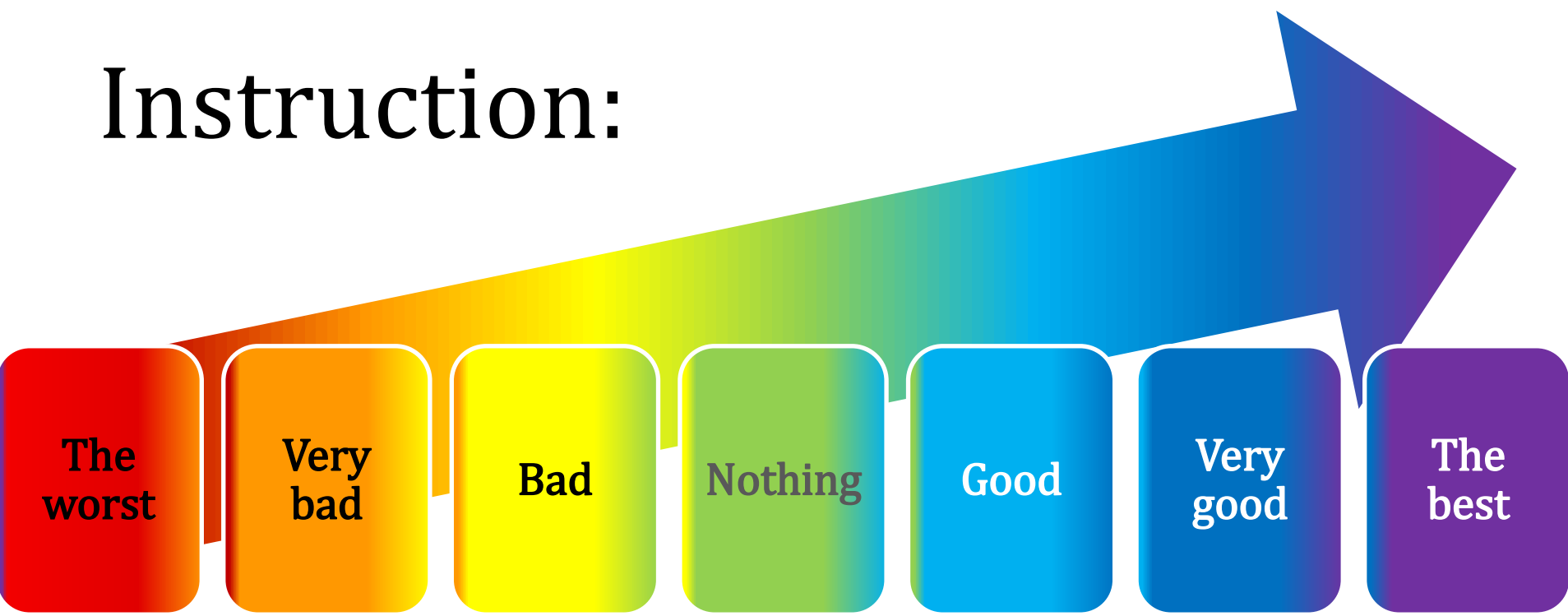
Feel Good



Self Help App

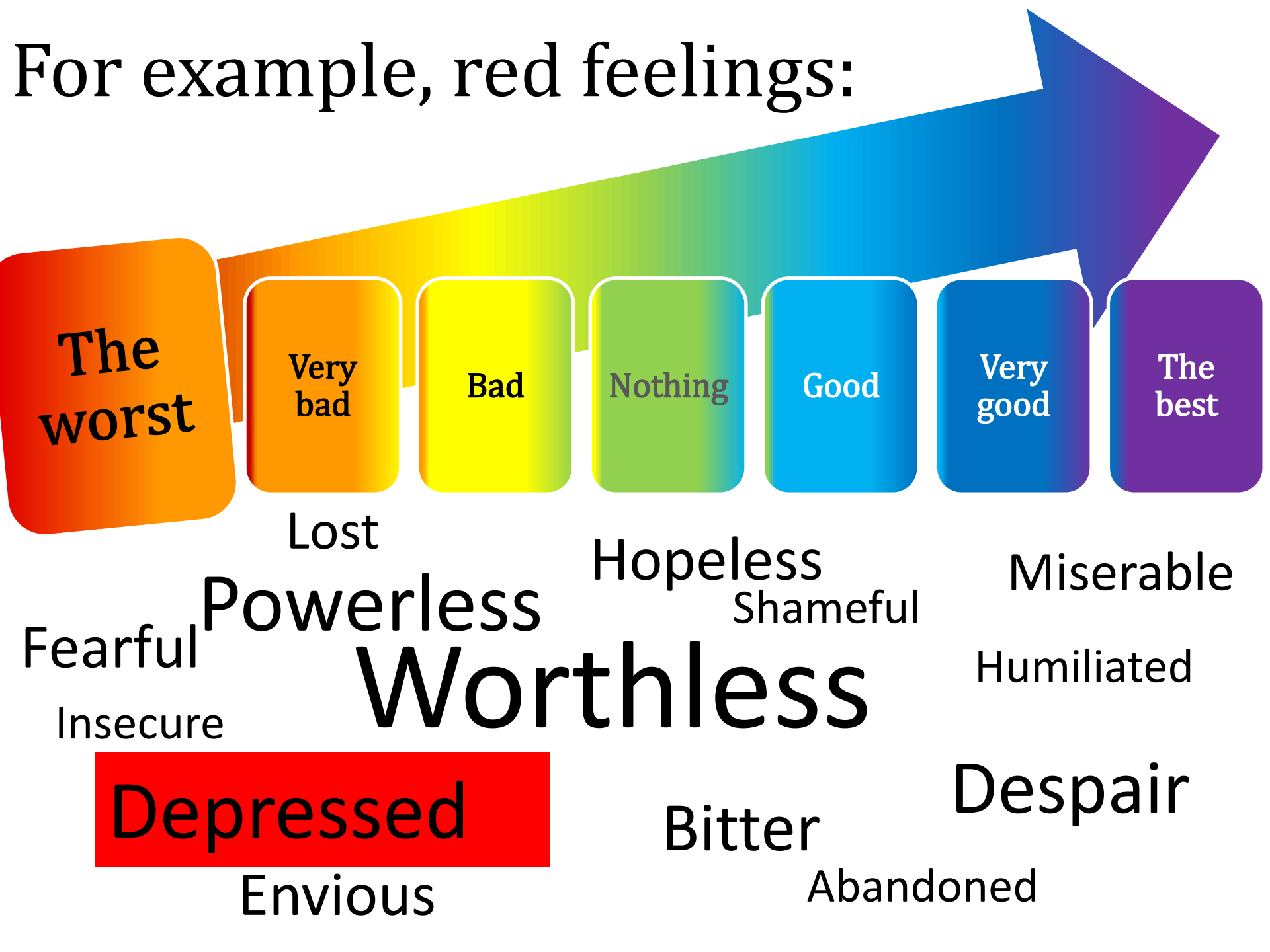
Based on
the teachings of Abraham

Instruction:



- Notice your feeling
- Find it on the emotional scale above
- Scroll to the corresponding color
- Read the affirmations and feel better!

For example, red feelings:



The worst

Very bad

Bad

Nothing

Good

Very good

The best

Lost

Hopeless

Miserable

Powerless

Shameful

Fearful

Worthless

Humiliated

Insecure

Depressed

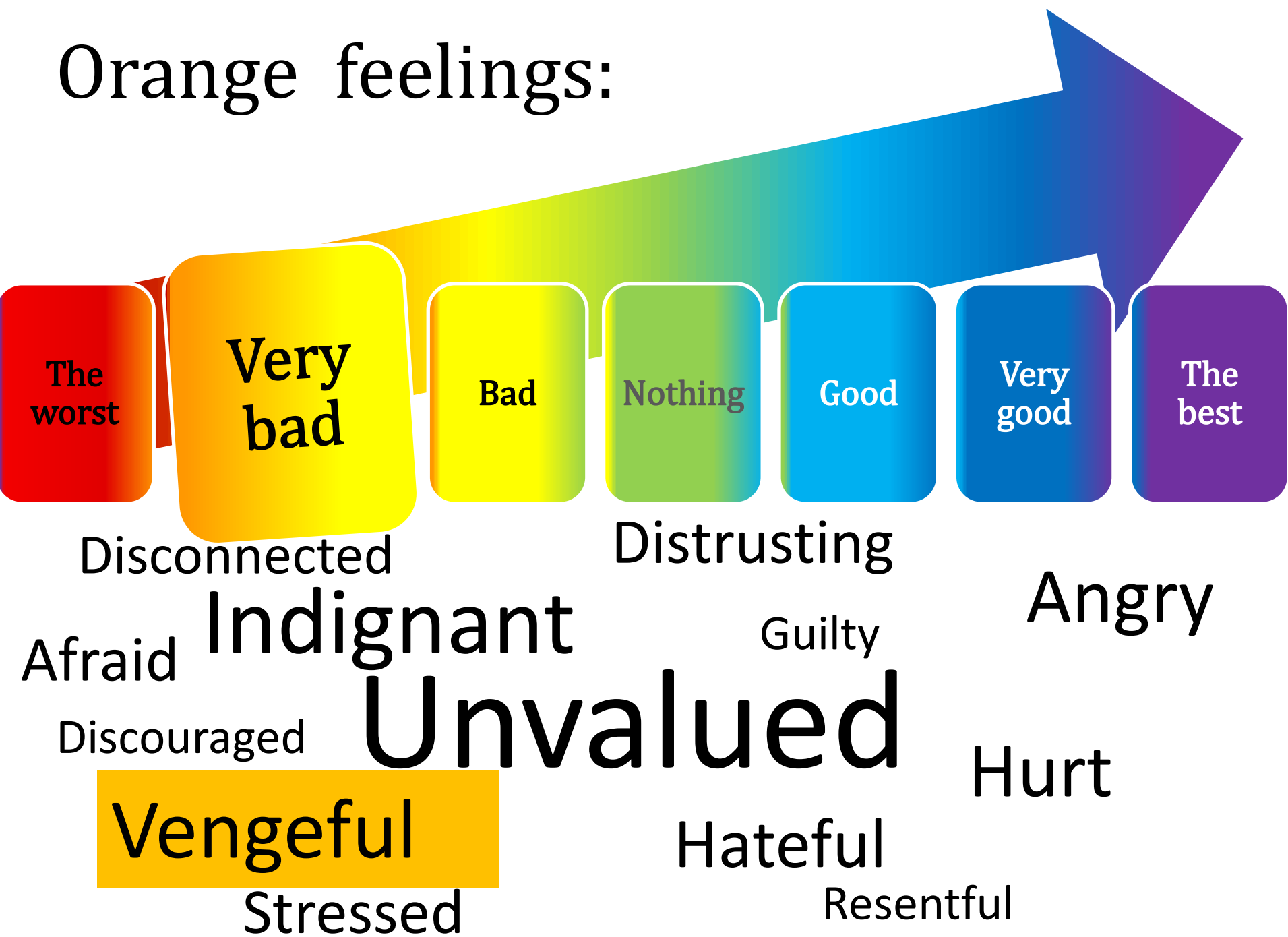
Bitter

Despair

Envious

Abandoned

Orange feelings:



Yellow feelings:



Lonely

Doubtful

Sad

Anxious

Worried

Regretful

Disappointed

Sorry

Not good enough

Frustrated

Irritated

Pitiful

Overwhelmed

Rejected

Green feelings:



Neutral

Indifferent

Stuck

Empty

Indecisive

Bored

Tired

Blue feelings:



Attracted

Trusting

Cheerful

Certain

Sure

Grateful

Contented

Valued

Forgiving

Hopeful

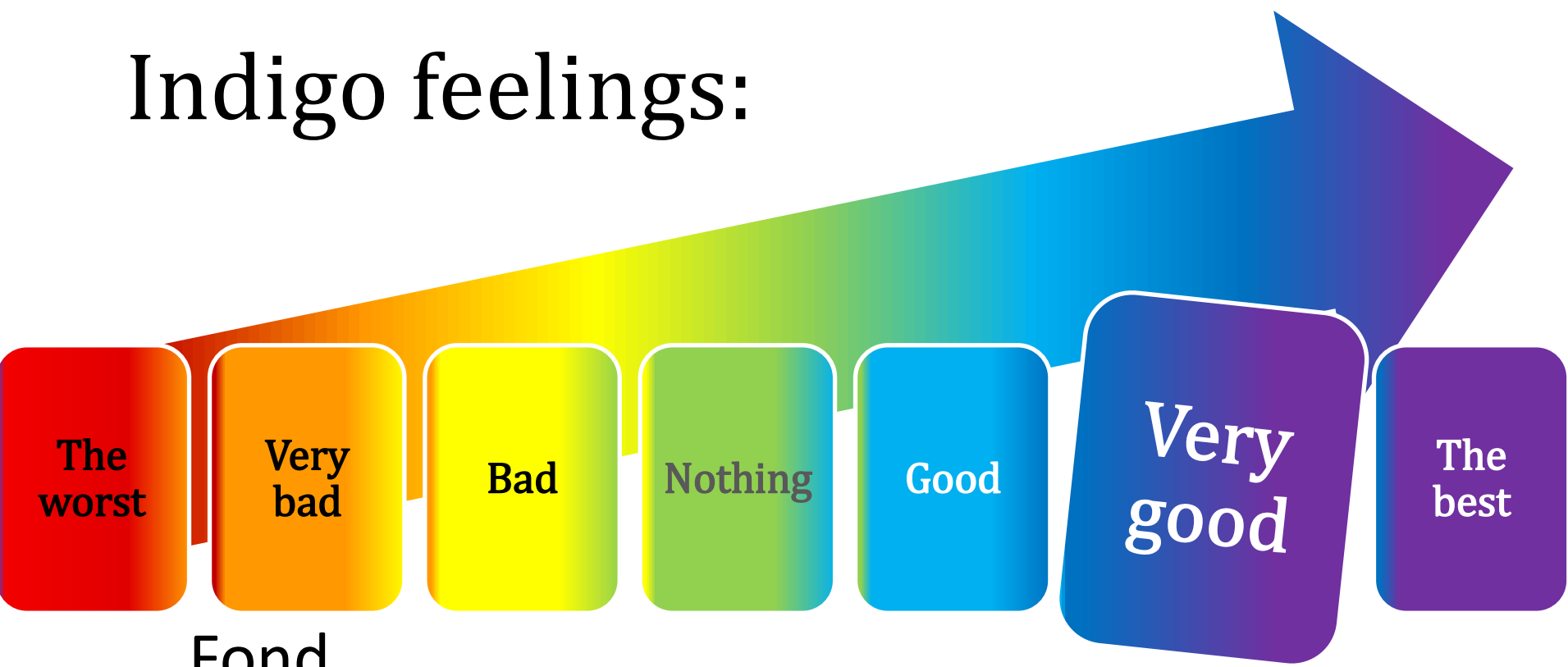
Peaceful

Liking

Interested

Accepted

Indigo feelings:



Fond

Confident

Anticipating

Enthusiastic

Clear

Appreciating

Esteemed

Fulfilled

Believing

Safe

Loving

Eager

Forgiving

Approving

Violet feelings:



Connected

Faithful

Happy

Empowered

Inspired

Joyous

Delighted

Free

Worthy

Adoring

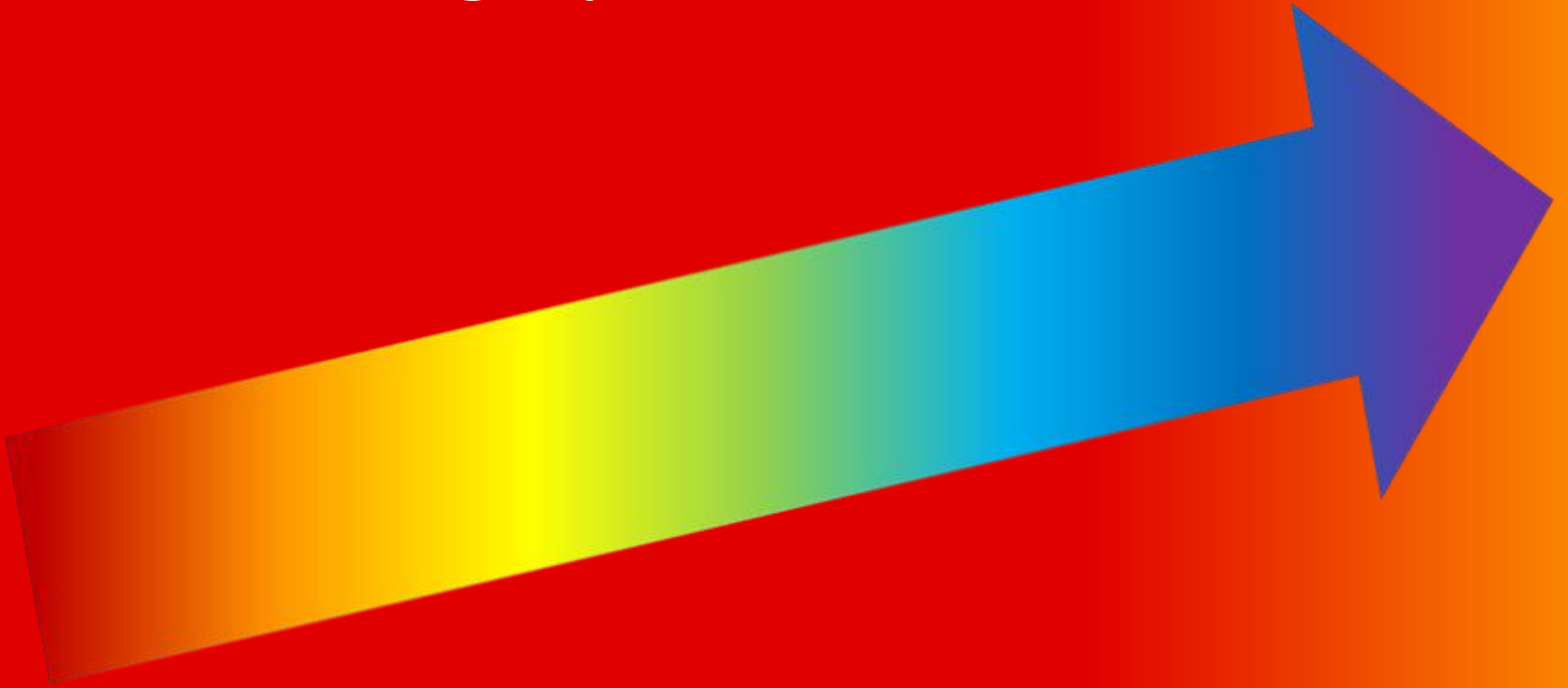
Knowing

Blessed

Passionate

Enlightened

I am moving up the emotional scale...



I feel what I feel
and I admit
that I feel this way.

It's good
that I admit my
feeling.

For now,
it's OK
to feel this way.

At least

I am clear about
what I don't want.

What is the
opposite of that?

What is it
that I do want?

Now

I can think of

what I want...

I want
to feel better.

I want
relief.

I know I'm not
the only one
who feels this
way.

There are other
people who feel
the same way.

Yet,
they're able
to help themselves.

So I can try
too.

It's better
than not doing
anything.

Even though
I still feel this way
I know it's
temporary.

I'm willing
to help myself.

I'm willing to
improve
the way I feel.

I like the idea
that I am willing
to make these
efforts.

I am willing to
deliberately
lift up
my mood.

I like that I can
help myself
deliberately.

I like that I will
deliberately think
of what I want.

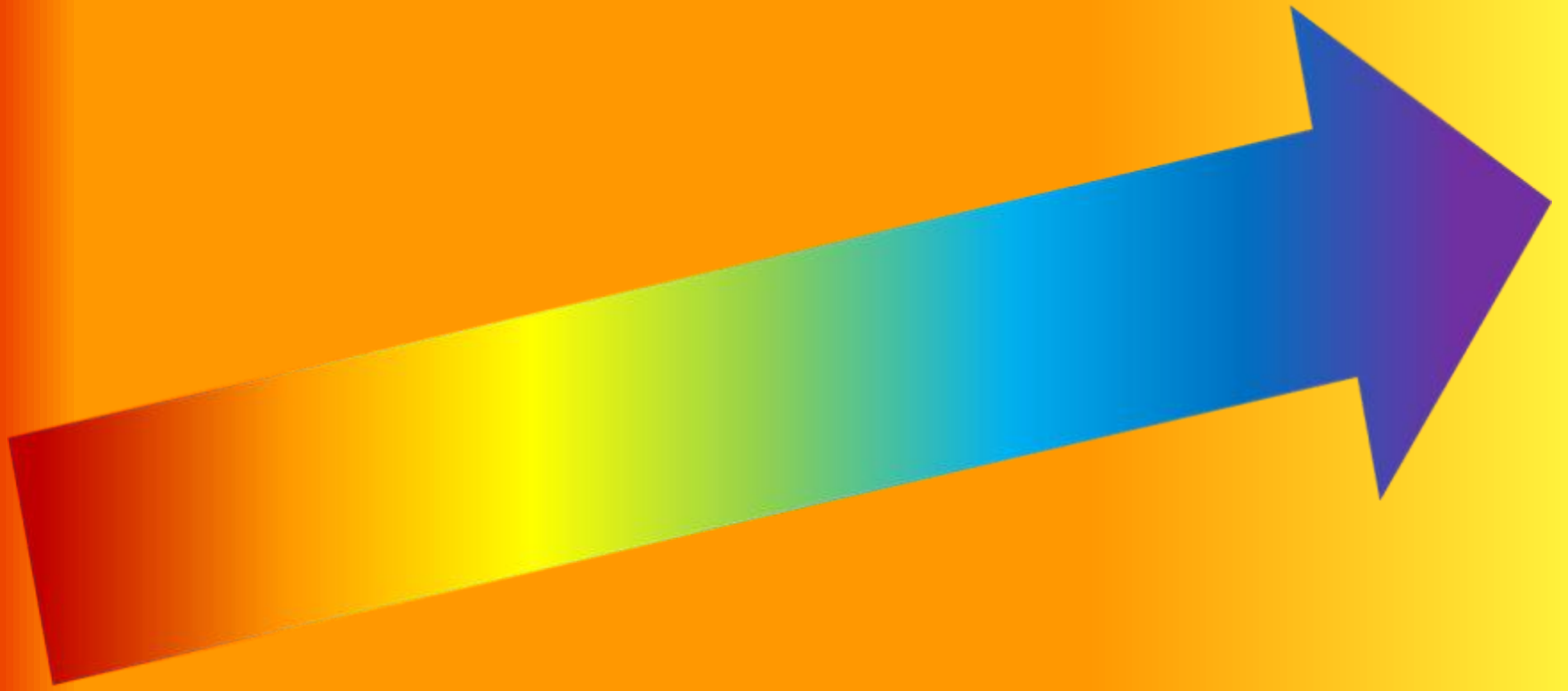
I don't want to
feel powerless.
I want my power
back!

In my situation
I am looking for
relief.

I
want
relief.

I will feel better
in time.

I am moving up the emotional scale...



I admit that I
feel what I feel.

It means
I am alive!

And for now,
it's OK to feel
this way.

For now I want
to care about
my feelings.

My emotions may
bother others,
but for now
I don't care.

For now
it's better if
others let me
alone!

I want
everybody
to stay away
from me!

Stay away
from me!!!

Yes,

this feels good!

Yes, I want to yell
and
feel better!

It feels like
I've got some
power back!

I feel better when
I think I have
some power.

I am doing this
all in my mind.

I am
deliberately
moving up the
emotional scale.

I even allow
myself
to think of
revenge...

I like allowing
myself to think
of revenge.

This vengeful
thought feels
good.

I can breathe
freer now...

Breathe...

I allow myself
to think of
hatred.

I like allowing
myself
to think of
hatred.

I can hate
all I want!

And

I can blame all

I want!

I like to draw
vengeful
pictures
in my mind.

I am still very
indignant.

And
in my situation
that's good.

Because
I feel better
than before.

Because
anger feels
better than
depression.

Nothing is more
important than
feeling better!

Thinking of
revenge
brings me some
relief.

I do it
to lift up
my mood,

and I know
this is
temporary.

I feel a little
better.

I am becoming
a little more
positive.

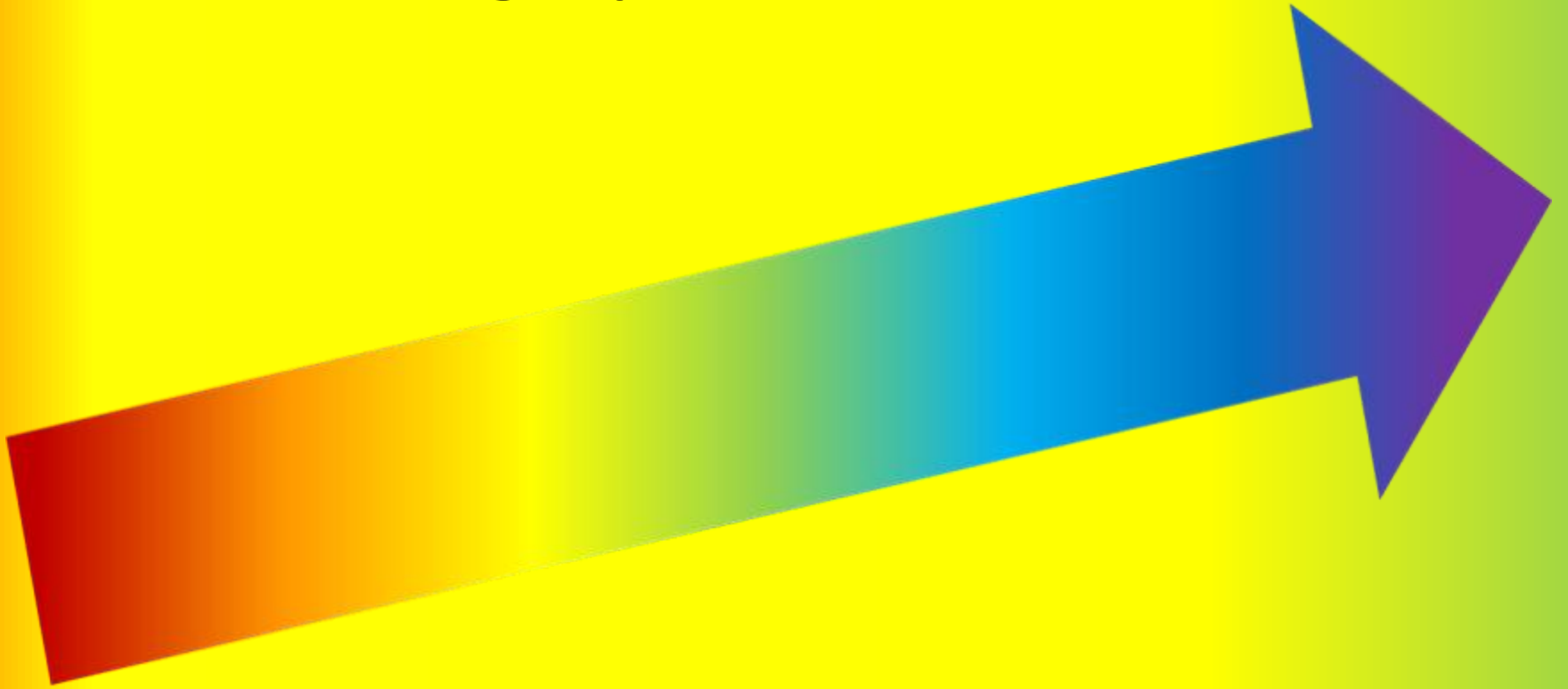
I can take
a deep breath
now...

Breathe...

I must say
I'm doing
a good job.

After all,
something really
good must happen
to me.

I am moving up the emotional scale...



The way I feel
is very human.

It's natural
to feel this way.

My emotions
can improve
with deliberate
efforts.

I like the idea that
I am working on
feeling better.

I wonder...
what if
I start thinking
differently?

Maybe,
it's not the end
of the world..

I must be making
too much of this!

Is it really
such a big deal?

I think

I am making too
much of this.

I think I've worried
too much,

and now I would
like to allow
myself to think of
something nice...

Wouldn't it be nice
if things started
magically working
for me?

Wouldn't it be
nice if relief came
faster and easier?

Wouldn't it be nice
if someone could
help me find
my solution?

Wouldn't it be nice
if I got inspired to
sing and dance?

Wouldn't it be
nice if ...

Breathe...

I think

I am now seeing

sparks of hope...

I think

I am feeling more
relief.

I hope
that my life has
made a turn
for the better.

I like that
I feel better
than what I felt
a little while ago.

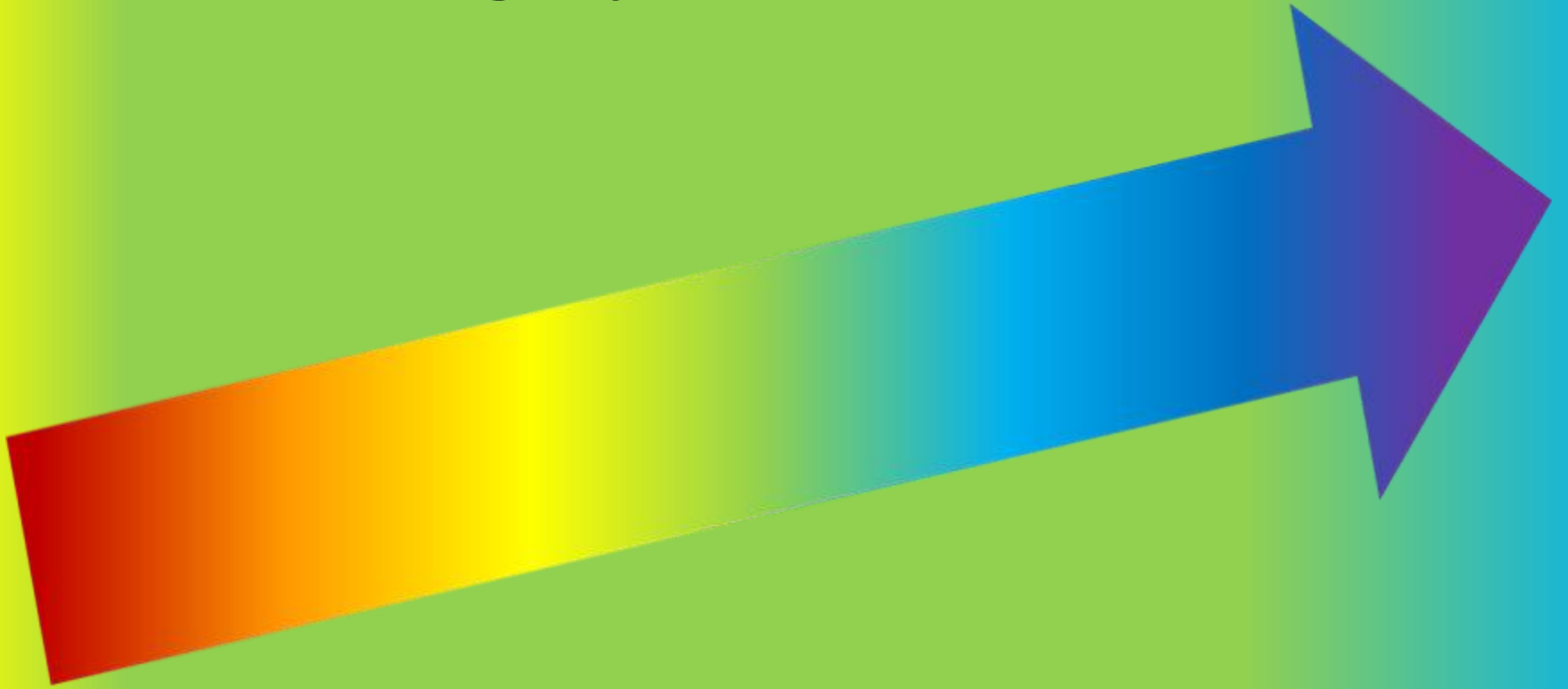
I think I can take
a break and just
think of what I
prefer to happen...

I prefer to feel
better.

I prefer ...

I feel like I did a
good job now
and I deserve a
break.

I am moving up the emotional scale...



I am glad
I am taking
a break.

I can afford
a rest.

I deserve it.

I don't want
to think of
anything
right now.

I will just
remember
to breathe.

Breathe...

I don't really feel
like doing
anything.

It's OK

I don't have to do
anything
right now.

I allow myself
to take a break
and
feel better.

I like allowing
myself to feel
better.

I may take time
to attend to myself
and my needs.

Breathe...

There is nothing
that holds me back
other than my own
thoughts.

There isn't anything
really
I have to think of
right now.

Nothing
matters
very much.

I am glad that
nothing matters
very much.

I like the idea that
at this moment
I don't have to
think anything.

I like the idea that
I don't have to do
anything...

I allow myself to
do nothing...

I take my time
and just
do nothing...

Just breathe...

And since I'm doing
nothing
I am, sort of,
becoming bored.

And I am beginning
to wonder
why I am here,
in this world.

I like to think
about why I am
here.

I guess

It is not to find a
perfect thought
or a perfect life.

I didn't come
here
to fix the world.

I didn't come
here to figure
anything out.

Nobody
figured it out.

I am sensing
that this has to
do with
feeling good.

I like
the idea
of
feeling good.

It feels good
not to try to
figure anything
out.

It feels good
not to have to
do anything.

It feels good
not to care what
anybody thinks of
me doing nothing.

It feels good
to have
a vacation from
thoughts.

I like
to have
a vacation.

I like gently
leaving behind
feelings of
responsibility.

I like thinking
that I am moving
toward
a good feeling.

I am beginning
to sense that I
am here
to feel good.

For the fun of it!

For the thrill of it!

For the goodness
of it!

I can smile
now!

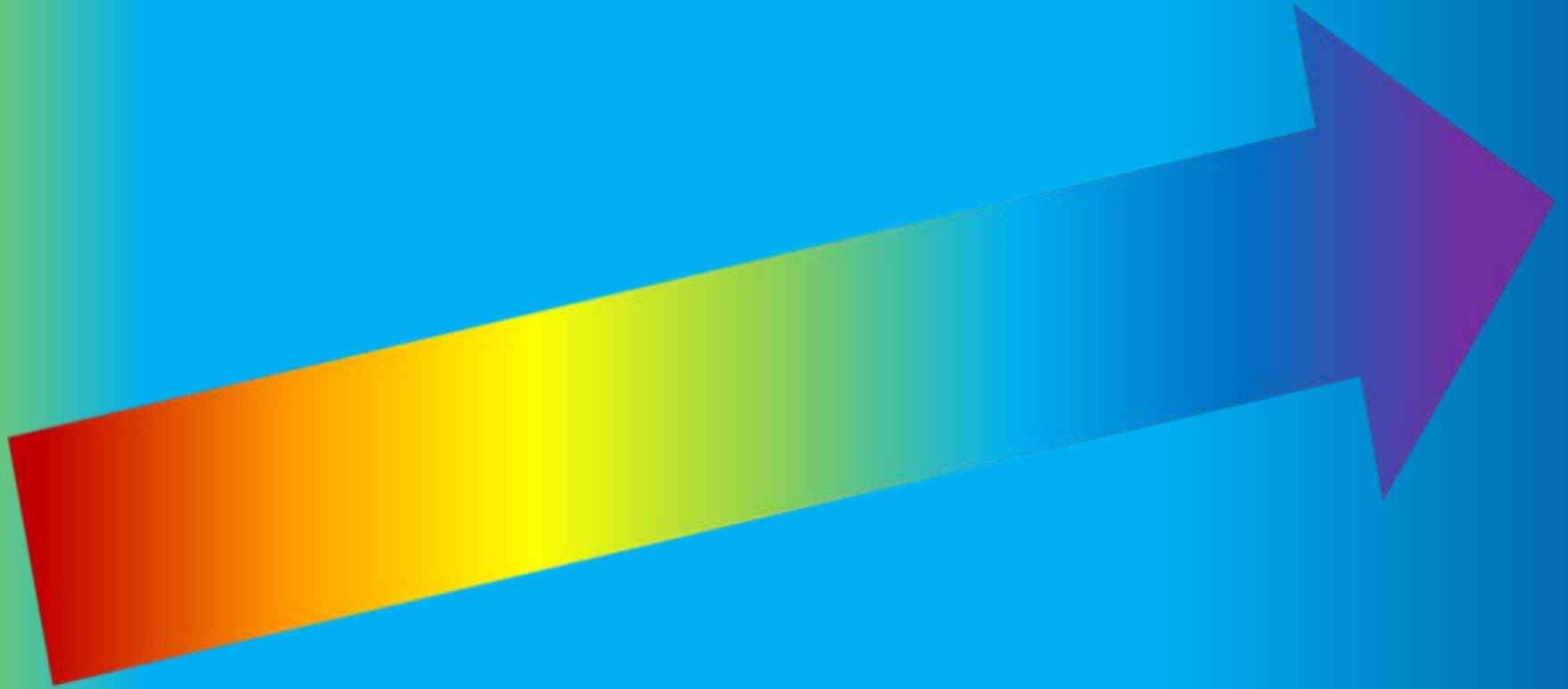
Breathe...

I am beginning
to think of
something
hopeful.

I like
feeling
hopeful.

I am doing
pretty well.

I am moving up the emotional scale...



I am feeling pretty
good.

Now what?

What if there is
something
better
waiting for me?

I sense
something really
wonderful is going
to happen...

I am looking
forward to smiling
and meaning it!

I am looking
forward to laughing
and really
feeling it.

Life is
supposed to be
good!

I wonder
how many
positive aspects
I can find around me
right now?

It's becoming
enjoyable -
to look for
positive aspects...

Breathe...

There are no
right or wrong
things to do.

Because
nothing can
be wrong
until it's done.

But it can
never be done
while I am
alive.

So nothing
I do is wrong
because
I am not done.

There are so
many things
I want to do.

It feels good that
there are many
things to choose
from.

I like thinking that
I am picking and
choosing what is
best for me.

Breathe...

I like anticipating
more
good things.

I begin
to expect
more positive
outcomes.

I like thinking
that I am
on the right track.

I am doing
extremely
well.

Life

feels good!

I like thinking that
I don't have to do
everything
by myself.

I realize that
I can rely on the
help of the
Universe.

I feel
greater hope
inside me.

My job is
to feel good.

Nothing
is more important
than
feeling good!

What is it
that makes me
feel good?

What would I like
to do?...

Or be?...

Or have?...

I like

pondering on

my wants.

I like
thinking of my
dreams.

Wonderful things
are going
to happen to me!

I am looking
forward to them!

It's going to be
fun!

I already feel
good!

I know

I am good.

I can feel
goodness
in me.

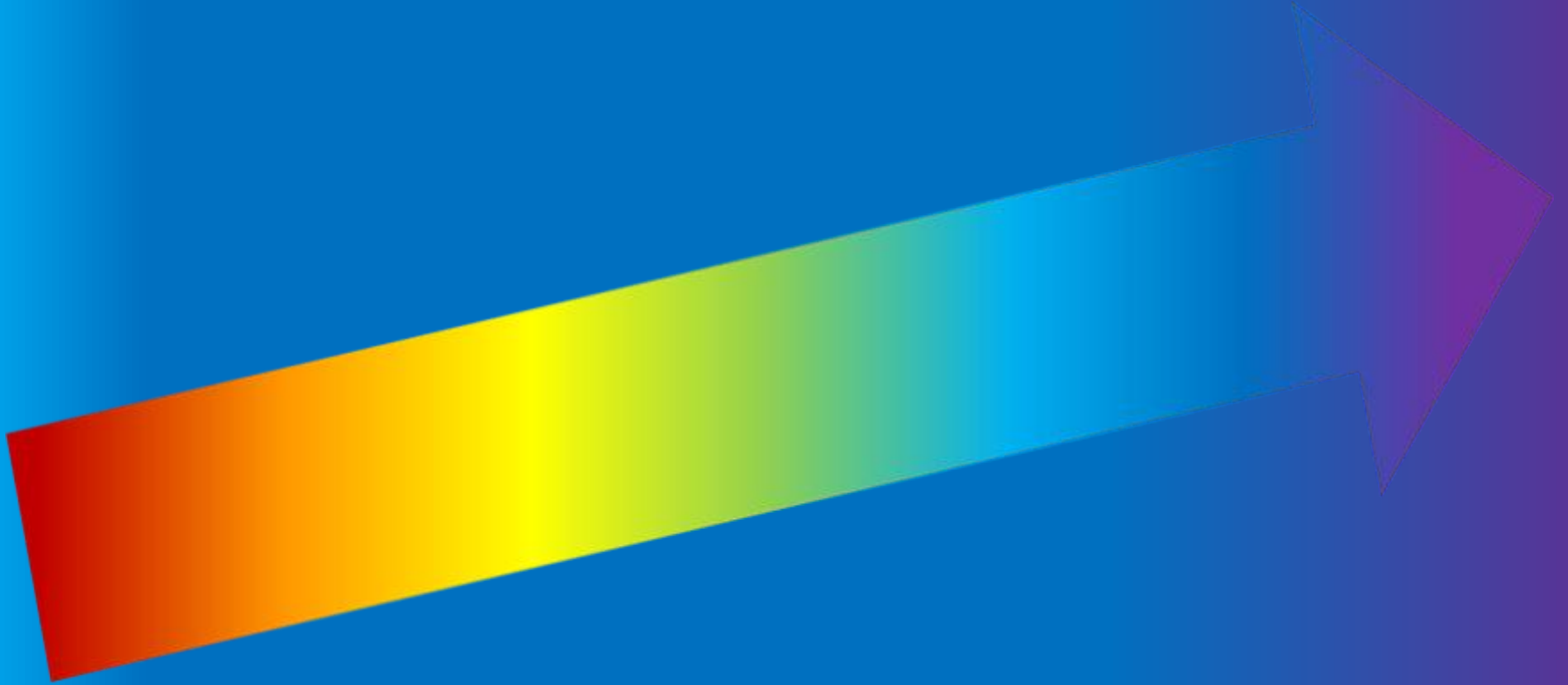
My life is going
in the right
direction.

I like thinking
that I am creating
my life by feeling
good about it.

I am going
to tell
a new story.

I am doing
pretty darn
good!

I am moving up the emotional scale...



I am feeling good
about what I am
doing!

I like telling a
new story.

My life
is getting
easier and easier.

I like the variety
of resources
available for
all of us.

I like variety
because I can
pick and choose
what I want.

It is going to be
fun
to choose
what I want!

I love thinking of
what I want!

I am glad
to be
alive!

I am becoming
excited!

I am starting to
believe that
all is well.

I believe in the
wellbeing
of the world.

I am starting to
fall in love with
wellbeing.

I like to think
that wellbeing is
in me.

I am starting
to fall in love
with me.

Something great
is going to
happen to me!

I feel inspired
now.

I am becoming
thrilled.

I am feeling
more vital,
more eager.

My body is
feeling greater
energy.

New ideas
are on their way
to me.

I am looking
forward to
creative
solutions.

I like
taking control
of my life.

It's in my power
to choose
the way I want
my life to be.

I want my life
to have many
reasons to thank
and appreciate.

I already have
people and
things to thank
and appreciate.

Right now
I can appreciate
this program
for it lifts me up.

I am thankful
for people who
help and care
about me.

I appreciate
people who help
and care about
others.

I appreciate
the Earth.

It 's a wonderful
place to live.

I appreciate my
experiences,
they let me know
what I do and
don't want.

I want to thank
and appreciate...

Breathe...

I am doing
extremely well!

There is nothing
that can be
wrong
or can't be done.

It doesn't matter
how long
it takes.

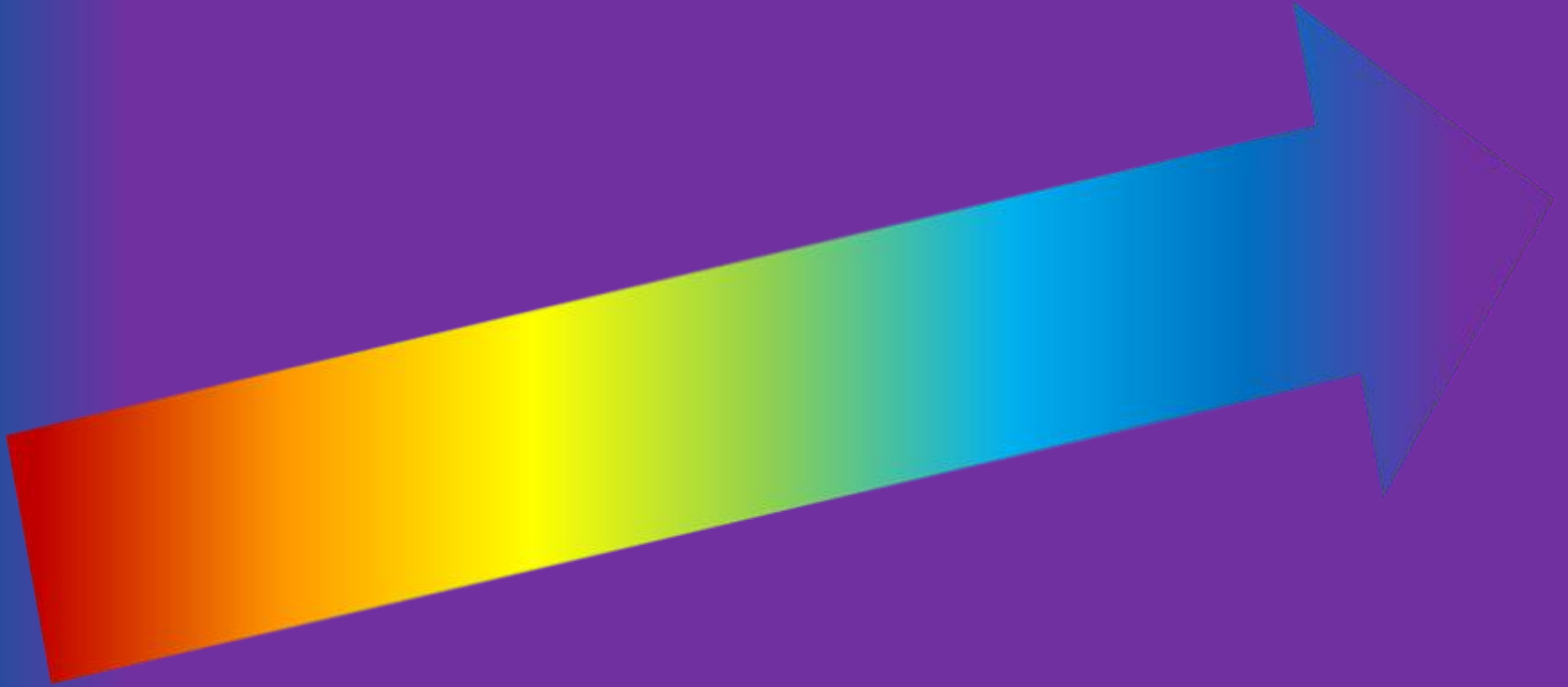
It takes no time
once I am
happy.

This has been
good!

I believe that life
is unfolding
wonderfully
before me.

And in the
meanwhile I am
very pleased
where I am.

I am moving up the emotional scale...



I am happy
where I am and
I am eager for
where I am going.

And

where I am going

is

a beautiful place.

Beautiful as
Love!

I love thinking
that I am
unconditionally
loved.

I love thinking
that I want to
love
unconditionally.

Now, from the
eyes of Love –
how would I think
differently?...

I know that I am
created good
and for goodness.

The purpose of
my life is joy.

I am glad that
the purpose of my
life is joy.

I accept

that

I am joyous!

I accept

that

I am powerful!

I accept

that

I am a creator!

I am the powerful
creator of my
joyous life!

There is nothing
that I can't do,
be,
or have!

I love

being who I really

am.

Because who I
really am is
worthy.

Because who I
really am is
love.

Because who I
really am is
dignity.

I love this life!

I love this world!

I love myself!

I love my body!

I love what's
going on!

I love people!

I am having a
wonderful time!

I know

life is wonderful!

I expect it
to be incredible!

I expect
great things
to happen to me!

I allow
that!

I don't know
how
but I know
it's going to be
fun!

I know
everything is
possible!

I know

all is really well

here!

I know
the Universe is
on my side.

I know
it cannot be
any other way!

I've done my
work!

Breathe...

I know
that things are
going to be even
better!

I love surprises!

I love
inspiring
adventures!

I am eager for
what is coming!

I feel like

I want to move

forward!

I feel like

I want to take

action!

It's something
that I can do!

Or go...

Or say...

I am looking
forward to
inspired delicious
action!

I can accomplish
anything
right now!

I am happy
where I am
and

I am eager for
where I am going!

Feel



Good

Based on materials Abraham-Hicks.com

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