

SUMMARY UNIT 4 : Chapter 2 : First-Person Affirmations

We often think that we can change merely by observing another person. Unfortunately, that's not true. Unless you identify with the other person—unless you see yourself as that other person—you will not change.

What is needed is something called first-person present-tense imagery. That's the only kind of imagery that will change your view of reality. And that's the way you're going to write your affirmations: in the first-person, present-tense.

One time I was sitting in a restaurant in West Seattle with one of my sons-in-law and I was explaining how the process of first-person present-tense imagery works. I was searching for an example, and as I looked across the street I saw a derelict digging through a garbage can. I said to my son-in-law, "Look at that guy." My son-in-law turned and looked. I didn't say anything for a while. Then I asked him, "Do you suppose if you keep looking at this guy, you'll become a bum?" He replied emphatically that he never could see himself living like that. And he won't. If he doesn't see himself living like that, he won't live like that.

It needs to be the same way in your own life, with you as the participant, the actor—not like you're watching the game from the seats as a spectator. All you do in that case is become a better spectator. What you need to do is to see yourself on the field playing, to be in the middle of the action, in the eye of the storm.

To accomplish that, we're going to learn to write our goals, our changes, our affirmations, in such a way that, when we visualize a goal, it triggers the necessary first-person experiential imagery in our minds. That's the key.

