

List of Positive Memories

Sometimes, filling up a neutralised memory by sending over some good feelings can have a great healing benefit. This is a subtle process that can be very empowering. Though it's not for everyone, or for every memory. It's up to you to decide whether you choose to do these exercises. You can see "changing a negative memory into positive" as the icing on the cake, rather than a necessary thing to do.

There are three audios I have created for you that are intended to send a positive feeling over to a neutralised memory.

In order for these "Change Into Positive Memories Audios" to be effective you need to have a few positive memories ready to draw the good feeling from. Therefore, we need a list with positive memories.

Exercises:

Write down at least 7 memories of when you felt really good. Ideally, they are peak life experiences. You might be aware of these peak experiences right away. Or perhaps, you need some serious digging to uncover some positive memories. That's OK, take some time for it.

For help with uncovering some positive memories, have a look over the below questions:

- When was a time you felt loved?
- When was a time you felt joyful?
- When was a time you felt respected?
- When was a time you felt accepted?
- When was a time you felt excited?
- When was a time you felt welcome?
- When was a time you felt acknowledged?
- When was a time you felt happy?
- When was a time you felt enthusiastic?
- When was a time you felt confident?
- When was a time you felt proud of yourself?
- When was a time you were praised?
- When was a time you were having a good time with friends/family/pet?
- When was a time you were positively surprised?
- What was your favourite birthday?
- What was your favourite life experience?
- When did you feel love or compassion for someone else? Perhaps you held a baby. Perhaps you pet your cat and love her. Perhaps you have a good connection with your dog.

Whatever. It doesn't matter what it is, as long as it is a memory where you felt good. They don't have to be earth-shattering life changing experiences. They can be as simple as "having fun with friends driving in a car when listening to some music".

They can be seemingly insignificant positive experiences. Doesn't matter, all that matters is that they feel good when you think about them. The better you feel, the more useful the memory is. Also, it does not matter *when* it was. It could have been a month ago, it could also be when you were 5 years old.

All that is important is that it is a positive memory. That means: "It feels good when you think about it"

It may take you some time to find these (or not), and it may be challenging because possibly you're used to thinking negatively. But you can create this list when you really want to and choose to do it. Plus, it gets easier as you do it more often.

To write them down, start them off by saying "the time when...".
(ex. the time when I was riding bike with dad in the sun)

The time when...

1.

2.

3.

4.

5.

6.

7.