

### SUPEREGO "IF" MESSAGES & HEALING ATTITUDES

		I'll be ok if...	I will become present to my life only when...	Healing Attitudes
<b>Body</b>	8	I am strong and in control.	I am totally independent and do not have to rely on anyone for anything. When I feel completely in control of everything and my will is never challenged, then I'll show up.	Maybe this person isn't out to take advantage of me. Maybe I can let down my guard a little more. Maybe I could let my heart be touched more deeply.
	9	Those around me are good and ok.	I am completely at peace and without conflicts or problems. When nothing in the world bothers or upsets me, and everyone in my world is happy and at peace, then I'll show up.	Maybe I can make a difference. Maybe I need to get energized and be involved. Maybe I am more powerful than I realize.
	1	I do what is right.	I have attained complete balance and integrity, make no mistakes, and have everything in my world sensibly organized. When I have achieved perfection, then I'll show up.	Maybe others are right. Maybe someone else has a better idea. Maybe others will learn for themselves. Maybe I've done all that can be done.
<b>Heart</b>	2	I am loved by others and are close to them.	I am loved unconditionally by others and feel their love. When others totally appreciate my affection and sacrifices and meet all of my emotional needs, then I'll show up.	Maybe I could let someone else do this. Maybe this person is actually already showing me love in their own way. Maybe I could do something good for myself.
	3	I am successful and others think well of me.	I have accomplished enough to feel successful and worthwhile. When I have all the admiration and attention I want and feel completely outstanding, then I'll show up.	Maybe I don't have to be the best. Maybe people will accept me just the way I am. Maybe others' opinions of me aren't so important.
	4	I am true to myself.	I have completely resolved all my emotional issues and have found my true significance. When I am completely free to express all my feelings with everyone whenever I want, then I'll show up.	Maybe there's nothing wrong with me. Maybe others do understand me and are supporting me. Maybe I'm not the only one who feels this way.
<b>Head</b>	5	I have mastered something.	I feel completely confident and capable of dealing with the world. When I have completely understood and mastered everything I might need to know if life, then I'll show up.	Maybe I can trust people and let them know what I need. Maybe I can live happily in the world. Maybe my future will be ok.
	6	I do what is expected of me.	I have enough support to feel completely secure and stable. When I have every area of my life handled and nothing can take me by surprise, then I'll show up.	Maybe this will work out ok. Maybe I don't have to foresee every possible problem. Maybe I can trust myself and my own judgments.
	7	I get what I need.	I am totally happy and fulfilled and certain that I've found what I'm supposed to be doing with my life. When I feel completely satisfied, then I'll show up.	Maybe what I already have is enough. Maybe there's nowhere else I need to be right now. Maybe I'm not missing out on anything worthwhile.