

## **FLIP IT from avoidance to safety**

[angiemarchinkow.com](http://angiemarchinkow.com)

**It is safe to trust your desires and needs.  
Relax your teeth and ribs, then breathe a smile into each example listed,  
while visualizing what you are saying.**

It is safe for me to trust myself and my decisions.

It is safe for me to have everything I want. In fact, it's important that I do.

It is safe for me to be successful. I am a success already, and it is safe for me to grow even more and live out loud.

It is safe for me to do less right now. Resting allows me to feel good and do even better, later.

It is safe for me to make more money. My worth has nothing to do with anyone else, and there will always be people who make more than me, and people who make less, as there are now.

It is safe for me to take on more and grow. I'll start to notice what doesn't matter so much, and shed it along the way as I get into a new flow.

It is safe for me to sell more of my (product). I can handle this increase, and will get into a flow.

It is safe for me to take a little extra time to get this done. I trust my speed and needs.

It is safe for me to say no, even if others don't agree or understand right away.

It is safe for me to fall in love.

It is safe for me to finish this project. It's going to turn out great, and I'm going to learn more about the project and myself in the process, just like all the other projects I've completed. And there are more projects on the way! For now, I trust how this one is about to turn out.

It is safe for me to accept and say yes. Let's see how this goes!

It is safe for me to be debt-free and budget my spending.

It is safe for me to ignore social media and leave my phone alone. I can check it later and enjoy lots of interesting updates if I feel like it, but for now I would rather be here doing other things.

It is safe for me to rely on others.

## **FLIP IT from avoidance to safety**

[angiemarchinkow.com](http://angiemarchinkow.com)

It is safe for me to take on this new project. I am capable of learning new things, finding helpful resources, finding people to collaborate with, and growing as I go.

It is safe for me to be recognized for my contributions. They are valuable, and I am so grateful to have others acknowledge my efforts. I accept this beautiful generosity with gratitude.

It is safe for me to ask for help with this. Nobody expects me to know everything!

It is safe for me to spend time away from my kids. I am an individual with my own unique interests, and when I get mental and physical rest, and time away to reflect, it helps me to be a better parent.

It is safe for me to spend time away from my partner. I am an individual with my own unique interests, and when I get mental and physical rest, and time away to reflect, it helps me to be a better partner.

It is safe for me to spend time away from my friends. I am an individual with my own unique interests, and when I get mental and physical rest, and time away to reflect, it helps me to be a better friend.

It is safe for me to try this, without knowing exactly how it all works, or exactly how it will all turn out.

It is safe for me to charge \$\_\_\_ for this project. I trust my prices and my worth. If it isn't within their budget, that's okay! There will be more clients in the future.

It is safe for me to tell (name) that I really like them, and to find out if they'd like to spend more time together.

It is safe for me to try therapy, even if it's just a few sessions. What I learn about myself and how to manage my feelings about the world, will always help me to be more "me".

It is safe for me to leave this unloving relationship. It is safe for me to find a partner who respects me and shares common life goals.

It is safe for me to compliment (name)- it doesn't take away from my worth or beauty, it adds to it, since beauty really does radiate from within.

It is safe for me to ask for a raise, even if the conversation is a little awkward at first.

## **FLIP IT from avoidance to safety**

[angiemarchinkow.com](http://angiemarchinkow.com)

It is safe for me to experience this emotion. My feelings are always valid. I am a full-spectrum human with full-spectrum emotions. It is safe to honour this feeling right now.

It is safe for me to tell (name) that what they said has me feeling (feeling) because it makes me think (assumption).

It is safe for me and my work to become well known around the world.

It is safe for me to eat healthy foods. There will always be treats I can choose anytime, and for now I'm more interested in these nourishing snacks.

It is safe for me to eat this tasty treat. I can eat whatever I want- there is no such thing as good or bad food. I choose nutrition, balance, and enjoyment.

It is safe for me to feel this feeling of withdrawal. I trust my body and its ability to flush out anything that it doesn't need, even if it's uncomfortable in this moment. This is temporary and I am safe. When I need help, I feel safe asking for help to get through the tough moments.

It is safe for me to speak my truth, and to find the right support I am looking for.

It is safe for me to express myself more, even if it seems "unlike me" to some at first. I am a multifaceted individual who is always changing and growing, and I love to express myself authentically and in new ways.

It is safe for me to keep to myself when I want privacy and down-time.

It is safe for me to talk to new people. (Everyone I know now was once a stranger, after all!)

It is safe for me to try \_\_\_\_\_. I am interested in it because it is already part of my identity, and I'm finally getting the chance to fulfill this part of me.

It is safe for me to audition for \_\_\_\_\_, whether I get the part or not! I love finding out what's available to me, and there are always new opportunities on the way later, too.

It is safe for me to apply for \_\_\_\_\_, whether I get the position or not! I love finding out what's available to me, and there are always new opportunities on the way later, too.

It is safe for me to be patient about \_\_\_\_\_. There's still time.

It is safe for me to focus on just one thing at a time. The other things will be done afterward.

# FLIP IT from avoidance to safety

[angiemarchinkow.com](http://angiemarchinkow.com)

## It is safe for me to....

*List off the things you are feeling blocked on, unworthy of, unsure of, nervous about, or have been procrastinating finishing. (Be brutally honest.)*


## When I think about *(decision/desire)* I feel...

- |           |             |             |
|-----------|-------------|-------------|
| Peaceful  | Grateful    | Empowered   |
| Authentic | Excited     | Responsible |
| Relaxed   | Free        | Self-loving |
| Aligned   | Blessed     | Confident   |
| Secure    | Fun         | Expansive   |
| Happy     | Adventurous | Ready       |