

[Affirmations - Why Yours Need To Be Supercharged - Part 2](#)

In Part 1 of this article we discussed why most affirmations end up on your desk gathering dust or in the waste basket. It stands to reason that what you put your attention on most of the time is what you will get. That's the main theme of the Law of Attraction as made widely known in the Secret. So, this makes a lot of sense and we get excited and write a long laundry list of affirmations about what we want to see happen in our lives. I know I did. I wanted to lose weight, I wanted to get along better with my kids, I wanted to grow my business exponentially, so I wrote all that down and started to write them and repeat them every single day. For a few days, maybe even a week and then my subconscious would start feeding me every reason in the book why I should stop this foolishness right now. We also learned that the reasons for this were two fold

1. We can't get past our belief filters in our subconscious minds long enough to make the affirmations stick - this is was covered in Part 1, and
2. We don't know how to pull ourselves out of the downward spiral of negativity caused by the day to day stuff and start thinking good thoughts in real time - like right NOW, so we stop the affirmations.

There are lots of things that can happen in a day to set us up for one of those downward tailspins. You get up on the wrong side of the bed and it's all downhill from there, right? That used to happen to me a lot. I used to have a saying, "I've earned this depression and I'm going to enjoy it for awhile." What a crazy belief, but believe it I did. Somehow I really thought I was getting something out of being nasty and grumpy. But the Law of Attraction states that what you spend most of your time thinking about and focusing on is what you will get. You can probably guess that I was getting lots of reasons to be nastier and grumpier, that's for sure.

On the other hand, your true desires will come to you faster if you can focus on them with emotion and feeling. So it would stand to reason that you need to be able to recognize when you are not focusing with good emotion and feeling and be able to turn it around at the drop of a hat, if you truly want to materialize your desired outcome, doesn't it?

So most teachers of the Law of Attraction stress that you need to control your thinking and CHANGE your negative thoughts to positive ones. Just DO IT, right? But that is not as easy as it sounds. The usual recommendations are affirmations - been there done that - some wonderful books to read or beautiful meditations (which I love to do), but it is not normally easy to drop everything and find a quiet space to meditate, or find the perfect passage in a book to help you in the moment. These are all long term strategies, but it's rare to be in the middle of a crisis situation and be able to stop RIGHT NOW and meditate until you feel better.

What you need in a situation like that is a tool available that would instantly change your negative thoughts into positive ones right in the very NOW that you realize you are having them. Something that you can grab onto without having to really think about it that would be like flipping a switch off an on. Something that's already there, offering you a lifeline.

I'm sure that sounds a little crazy to some people, because we are so used to letting the circumstances of our lives dictate how we feel, and we feel powerless to anything but ride the storm out in despair. But what I am suggesting to you is that you start thinking right now, while you are reading this, how you might handle yourself the next time a crisis comes up that puts you in a tailspin. What could you say or do or picture in your mind that would turn it around. Get something stuck in your head. Something you can do on autopilot. Plant a switch there in your mind that you can reach out and flip the minute you recognize that "Oh Boy, here we go again." Maybe a picture of puppies or a chant or a little song or something that your 'Belief Detective' won't recognize as an affirmation. Song lyrics are non-threatening because you don't have to believe the words - it's just a little old song after all.

So don't wait until you are down and out to think about what you will use as your secret weapon. Be prepared so that the next time you get that invitation to the Pity Party, you can confidently say NO WAY - I'm not going there this time.

About the Author

Debbie Thomas is the creator of [AttitudeZap! Affirmation Jingles](#). These short, catchy jingles with [affirmations](#) built right in will stick in your head and help you stay motivated on the path to achieving all your dreams.