

PSYCHOLOGICAL REVERSALS

1. Global Reversal—NLR “I deeply love and accept myself even with all my problems limitations.”
2. Keeping Reversal—NLR “I deeply love and accept myself even if I want to keep this problem.”
3. Future Reversal—Under the nose point “I deeply love and accept myself even if I choose and continue to have this problem.”
4. Deserving Reversal—Under the lower lip point “I deeply love and accept myself even if I don’t deserve to get over this problem.”
5. Safety of Self Reversal---NLR “I deeply love and accept myself even if it isn’t safe for me to get over this problem.”
6. Safety of Others Reversal—NLR “I deeply love and accept myself even if it isn’t safe for others for me to get over this problem.”
7. Possibility Reversal—NLR “I deeply love and accept myself even if I don’t believe it’s possible for me to get over this problem.”
8. Permission Reversal—NLR “I deeply love and accept myself even if I won’t allow myself to get over this problem.”
9. Motivation Reversal—NLR “I deeply love and accept myself even if I won’t do whatever is necessary to get over this problem.”
10. Benefit of Self Reversal—NLR “I deeply love and accept myself even if getting over this problem will not be good for me.”
11. Benefit of Others Reversal—NLR “I deeply love and accept myself even if getting over this problem will not be good for others.”
12. Identity Reversal—Hand “I deeply love and accept myself even if I lose part of my identity getting over this problem.”
13. Secondary Gain Reversal—NLR “I deeply love and accept myself even if I am not willing to give up the benefits of having this problem.”
14. Forgiveness Reversal –Under the Lip “I deeply love and accept myself even if this problem is unforgivable.”

15. Looping Reversal—Outer eye “I deeply love and accept myself even if I never get what I want from (person’s name).”

16. Unique Reversal—NLR “I deeply love and accept myself even if I have a unique block to getting over this problem and I don’t know consciously what it is.”

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