

# The Levels of PR

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## QUICK REFERENCE

When PR is present, one or more of the statements will probably produce a weak response with muscle testing:

1. I want to get over this \_\_\_\_\_.
2. I want to completely get over this \_\_\_\_\_.
3. I will get over this \_\_\_\_\_.
4. I believe that I can get over this \_\_\_\_\_.
5. I deserve to get over this \_\_\_\_\_.
6. I will do everything necessary to get over this \_\_\_\_\_.
7. I will allow myself to get over this \_\_\_\_\_.
8. It is possible for me to get over this \_\_\_\_\_.
9. Getting over this \_\_\_\_\_ will be good for me.
10. Getting over this \_\_\_\_\_ will be good for others.
11. It will be safe for me to get over this \_\_\_\_\_.

### Affirmations to overcome the levels of PR:

1. Even though I don't want to get over this \_\_\_\_\_, I deeply and completely accept myself.
  2. Even though I don't want to completely get over this \_\_\_\_\_, I deeply and completely accept myself.
  3. Even though I don't believe that I will ever get over this \_\_\_\_\_, I deeply and completely accept myself.
  4. Even though I don't believe that I can get over this \_\_\_\_\_, I deeply and completely accept myself.
  5. Even though I don't believe that I deserve to get over this \_\_\_\_\_, I deeply and completely accept myself.
  6. Even though I am unwilling to do everything necessary to get over this \_\_\_\_\_, I deeply and completely accept myself.
  7. Even though I will not allow myself to get over this \_\_\_\_\_, I deeply and completely accept myself.
  8. Even though I don't believe that it is possible for me to get over this \_\_\_\_\_, I deeply and completely accept myself.
  9. Even though I don't believe that getting over this \_\_\_\_\_ will be good for me, I deeply and completely accept myself.
  10. Even though I don't believe that getting over this \_\_\_\_\_ will be good for others, I deeply and completely accept myself.
  11. Even though I don't believe that it will be safe for me to \_\_\_\_\_, I deeply and completely accept myself.
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