



# BOOKMARK MEMORIES

1

## BEDTIME STORY

Both parents sitting either side of you, reading a bedtime story, with the feeling of love, safety, connection, etc.

**Feelings:** Safe, loved, connection.

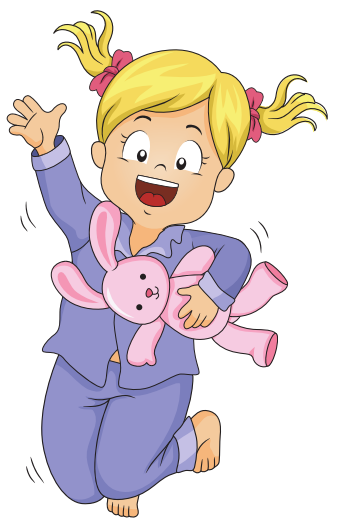


2

## LIGHT UP A ROOM

Walking into a room, and your parents' faces light up, they immediately stop what they're doing, and fully focus on you.

**Feelings:** I'm important, valued, loved, worthy. I light up a room.



3

## EMPOWERMENT TO SPEAK

You're talking, and both parents are listening, allowing you to speak, nodding, and understanding, and agreeing.

**Feelings:** I have the power to speak, it's safe to speak, I'm heard, I'm important, I'm valuable, I'm safe.



4

## THE POWER TO SAY "NO"

You're saying "No" to your parents (no details needed, you're just saying no to something you don't want), and your parents say, kindly, compassionately, supportively and lovingly "Okay, of course, no problem, what would you like instead?"

**Feelings:** I have the power to say "no" and that is respected. I am empowered to choose what I want to experience. It's safe to say "no".



5

## SAFE AND NORMAL TO HAVE FUN

Playing a game or doing a fun activity with both parents.

**Feelings:** I'm safe, it's safe to have fun, it's normal for life to feel good. Connection.



6

## PHYSICAL AFFECTION

Sitting on the sofa with both parents, cuddling.

**Feelings:** Physical affection. I'm safe, loved, valuable.



### PRACTICE THESE 6 MEMORIES FREQUENTLY

REMAND YOURSELF THAT THE UNCONSCIOUS PART OF YOUR BRAIN CAN'T TELL THE DIFFERENCE BETWEEN REALITY AND IMAGINATION, CAN'T JUDGE SOMETHING AS UNREALISTIC, AND CAN'T USE LOGIC OR REASON

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