

# **Auto-Suggestion**

# **Affirmations**

# **VS**

Autosuggestion is a broader term that encompasses various techniques involving self-suggestion.

Autosuggestion involves the repetition of statements or ideas in a relaxed state, often before sleep or in a meditative state, to influence the subconscious.

Autosuggestion can include a wider range of techniques, including visualization, mental imagery, and relaxation techniques.

The primary purpose of autosuggestion is to replace negative thoughts, behaviors, or beliefs with positive ones through consistent repetition.

## **Nature**

Affirmations specifically refer to positive statements that challenge and replace negative beliefs.

## **Process**

Affirmations are usually consciously repeated multiple times throughout the day to reinforce positive beliefs.

## **Scope**

Affirmations primarily involve the repetition of positive statements.

## **Purpose**

Affirmations are targeted specifically at challenging and changing negative beliefs or attitudes.

# Suggestion And Autosuggestion

**Baudouin Charles**



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