Auto-Suggestion

Affirmations



Autosuggestion is a broader term that encompasses various techniques involving selfsuggestion.

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

Process

Scope

Purpose

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

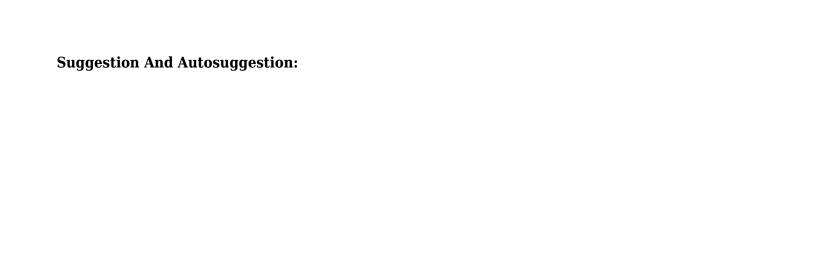
Affirmations are usually consciously repeated multiple times throughout the day to reinforce positive beliefs.

Affirmations primarily involve the repetition of positive statements.

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

Suggestion And Autosuggestion

Baudouin Charles



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