

Regression Cards

- Words indicate when you're regressed.
- To improve your functioning, take a deep breath.
- Then intentionally change your language.
- Identify your favorite regression words and phrases.
- Eliminate regression words from your vocabulary.

"Even though I am regressed, I completely accept myself and will elevate my functioning."

Regression Cards

“Should”

Use ***“It would be nice”***

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“Have to”

Use ***“I choose to”***

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“Always”
Use **“often”**

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“It’s just”

Use **“it’s”**

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“Never”

Use ***“seldom or rarely”***

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“Nobody”

Use ***“few people”***

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“Everybody”

Use “*many people*”

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“Every time”

Use ***“many times”***

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“All the time”

Use ***“often”***

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“Can’t”

Use **“will not”**

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“It’s only”

Use ***“it’s”***

“Even though I am regressed, I completely accept myself and will elevate my functioning.”

Regression Cards

“Must”

Use ***“prefer”***

“Even though I am regressed, I completely accept myself and will elevate my functioning.”