

CBT POSITIVE AFFIRMATIONS

One of the most user-friendly tools in CBT is Positive Affirmations. It is used to replace thoughts that are untrue and even hurtful. When practice regularly, Positive Affirmations statements can make you feel better about yourself and your situation, leading to positive changes in your life.

5 Steps to Create your own Positive Affirmations

Take some quiet time to think of areas of your life either you would like to improve or change. Think of how you want your life to be.

Listen to the self-talks that are going through your mind. What are you telling yourself about yourself? Are they kind? Are they friendly? Do they capture who you are?

When you are reviewing the areas of your life that you would like to improve, **try to link them up with your life goals**, purpose, meanings, beliefs, dreams, and aspirations.

Write down a list of the most important improvements or change you would like. Here are some examples: health/mental health, relationships, career, going back to school, self-esteem, peace and happiness etc.

Look at each item on the list and write down a few positive statements. Statements must be positive, clear and concise, and in the present tense. Make sure you focus on what you want not what you do not want.

“Getting a job” – “I am getting better every day. I am ready when I am ready.”

“Feeling helpless” – “I have a loving and caring family.” “I have the skills to help me move forward.”

If you are a family caregiver, you can start with yourself. You can also develop positive affirmations for the whole family. Create that opportunity and turn it into a family ritual. You can either come up with a communal affirmations for the whole family and/or for each family member. This breaks down stigma and you are not focusing on one particular family member.

5 Ways to enhance you Positive Affirmations

If you feel comfortable, look in the mirror while stating your affirmations.

Place written affirmations in your home, or record them using your phone.

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Say affirmation with passion.

Sing or chant affirmation.

Pick a time of day.

List of Positive Affirmations for Mental Health

- My illness does not limit my happiness.
- I am bigger than my diagnosis.
- My mental health challenges make me a fighter.
- Having a mental illness/diagnosis is not the same as being mentally ill.
- I am confident of my ability to deal with my mental health and live a good life.
- I am not alone in my struggles.
- My scars prove my strength, not my weakness.
- I will never give up on myself.
- I am creative and strategic when I face new struggles.
- Each day brings a new opportunity to thrive.
- Each new day is a fresh start.
- I am patient and kind to myself.
- My mind is quiet and strong.
- My mental well-being is a priority.
- I take care of myself.
- I look for new ways to overcome my challenges.
- I have many goals and dreams and I don't give up until I achieve them.
- I base my happiness and contentment on my purpose.

- I live each day and find joy.
- I feel peace along with my pain.
- I can create the life I deserve.
- Challenges are opportunities for growth.
- Mistakes are the starting point for success.
- I have the heart of a warrior.
- Recovery is a fact.

List of Positive Affirmations for Mental Health

- I matter.
- My life has a purpose.
- Happiness is a choice.
- I do not live in fear.
- I can make a difference.
- All problems have solutions.
- I am smart and capable.
- I deserve to be loved.
- I am a fighter.

List of Affirmations for Self-Esteem and Confidence

- I will never give up on myself.
- I embrace new challenges and try new skills and coping strategies to work through them.
- I strive for progress, not perfection.
- I am a work-in-progress.
- I am a dream chaser.
- I am capable.

- My past mistakes are learning experiences to help me move forward.
- I can get through anything.
- I have many goals and dreams and I can achieve them.
- I am worthy of love and happiness.
- I can make my dreams happen.
- I can create the life I deserve.
- I know my strengths.
- I know my good qualities.
- Past performance does not equal future successes.
- I trust my ability to make good decisions.
- When I believe in myself, so do others.
- I express my needs and feelings in a positive way.
- I am my own unique self – special, creative and wonderful.

List of Affirmations for Strengths and Courage

- I am a warrior full of courage and hope.
- My potential for happiness is not limited by my chronic illness.
- My mental health challenges make me strong.
- My illness does not define me.
- I am courageous and fight to live each day with joy.
- I can thrive, not just survive.
- It's okay to be not okay.
- Crying is not a sign of weakness.
- Every challenge has a hidden treasure.
- Courage runs through my veins.
- Remain strong is my way of life.
- Each day has the potential for new happiness.

List of Affirmatives when You Feel Stressed and Overwhelmed

- I am surrounded by loving and caring people.
- My life is a joy filled with love, fun and friendship. All I need to do is stop all criticism, forgive, relax and be open.
- I am making progress in helping myself to get better.
- Today I can do what I need to do for my recovery.
- I choose to make healthy choices for myself.
- Things are getting better.
- I am at peace.
- I trust the process of life.

List of Affirmatives for you to Put Words into Actions

- I can treat myself gently and with the special care I would give a close friend.
- I am learning what I need to do to take care of my mental health.
- I focus on positive actions to help me move forward.
- I look for the good this day will bring.
- I go with the flow. I accept what I can learn from it.
- I seek out the positive support I need to cope with psychosis.
- I let go of any tension or problems that I have no control.
- I cope with stress with helpful techniques.
- This will pass.
- Today, I can survive any challenges with calmness and problem-solving skills.
- I can look for resources I need to manage my problems.
- I take time during the day to relax and breathe to refresh.

List of Affirmative Words

- I am surrounded by loving and caring people.
- My life is a joy filled with love, fun and friendship. All I need to do is stop all criticism, forgive, relax and be open.
- I am making progress in helping myself to get better.
- Today I can do what I need to do for my recovery.
- I choose to make healthy choices for myself.
- Things are getting better.
- I am at peace.
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List of Affirmatives for you to Put Words into Actions

You may use single words as positive affirmatives.

Mighty, loved, beautiful, content, brilliant, empowered, confident, grateful, worthy, cherished, focused, inspired, valuable, adored, proud, relaxed, passionate, courageous, optimistic, determined, unstoppable, hopeful, peaceful, creative, thriving, strong, graceful, tranquil, fearless, resilient, warrior, kind, triumphant, accomplished, joyful, wise, blessed, dreamer, explorer, balanced.

References: Cognitive Behavior Therapy (CBT) Self-Talk-What We Say to Ourselves Affects How We Feel. Kelly, J & Devonshire, R (May 4, 2007) ProHealth.com. Chronic Illness Warrior Life website