

Affirmation Statements for Pain Management

(Affirmation statements can be very helpful in “programming in” new attitudes, thoughts and feelings in order to be successful in what you want to achieve. Human nature does not need any coaching with negative thinking. These affirmations promote positive thinking and are more powerful in re-programming thoughts and feelings when you repeat them out loud, and not just “think” or whisper them. It is recommended that you select a few of these that touch you as most personal and relevant, and repeat them often, loudly and firmly, even though “the power” of the statement or the corresponding feeling may not be experienced at that moment. As you keep repeating them they will become part of your “programming” and mind-set, and the feeling will begin to match the words. Feel free to select the ones that touch you the most, and drop, postpone or ignore the others. Feel free to re-phrase any statement to make it more personal.)

I affirm my ability to cope with pain
I affirm my ability to manage pain today
I affirm my strength to cope with pain today
I recognize the daily challenge it is to cope with pain
I choose to take control of my pain today
I choose to focus my energy on coping with pain
I affirm that I am a person with a lot of resources to cope with pain
I affirm my courage to face my pain today
I choose to be positive about my ability to cope with pain
I affirm my ability to be in control of my pain
I acknowledge that living with pain is a major challenge in life
I affirm my belief that my mind can influence my pain
I affirm my strength in facing pain today
I affirm my courage in facing my pain today
I affirm my choices in how I manage my pain today
I affirm my right to be angry at my pain
I affirm my right to be angry at how pain has entered my life
I affirm my right to be angry that medicine cannot cure pain
I affirm my right to be angry at how pain is my constant companion
I affirm my right to be angry that the pain will not go away
I affirm my right to grieve the losses that pain has caused me
I affirm my right to feel the sadness these losses have brought me
I affirm the power of my mind to influence pain intensity
I affirm my ability to capture the resources of my mind to influence my pain
I affirm my trust that pain, so intense at times, can strengthen my heart and mind
I affirm my right to keep working on greater relief of pain
I affirm my mind to train myself to manage this pain in my body
I affirm my right to keep hope alive within me
I affirm my right to have a range of feelings about how pain has affected my life
I affirm my right to accept my feelings about my pain
I affirm my right not to judge my feelings about my pain

I affirm that accepting my feelings helps my body feel well
I recognize that focusing on the pain only makes it bigger
I recognize that focusing away from my pain can make it smaller
I affirm my right to take medication to relieve pain intensity
I affirm my gratitude for the medications and procedures that help lighten the pain
I affirm my goal of coping with pain more effectively every day
I affirm my right to be occasionally tired of coping with pain
I acknowledge that the pain in my life is sometimes like daily torture
I affirm the power of my mind to influence pain sensations
I choose to be positive and hopeful in my thinking
I choose to reach out to others who accept my pain
I choose to acknowledge that no one understands my pain but me
I choose to keep hope alive within me
I affirm my choice to be as active as I can today
I affirm my right to acknowledge my pain when others do not
I affirm my right to not report pain when I choose
I acknowledge that my pain is invisible and untouchable to any other human being
I acknowledge that I know my body better than anyone else
I affirm my ability to share pain management with the medical team
I affirm my right to be angry at those who deny or minimize my pain
I affirm my right to tell people only what I wish to tell them about my pain
I choose to believe that I can beat this pain some way or other
I affirm my ability to learn skills to manage pain more effectively
I affirm that pain is only one factor of who I am as a person
I affirm my mind as the most important factor in managing pain
I affirm the power of my mind to master my pain
I affirm my right to lean on others at times, in coping with pain
I affirm my right to be independent in coping with pain
I affirm my strength in controlling fears of my pain
I affirm my ability to minimize any exaggeration of my pain
I affirm my ability to separate living with pain and being miserable
I affirm my belief that I can get control of my pain and health
I affirm my right to value who I am, not just what I do
I affirm my value as a person
I affirm my value as a family member
I affirm my right to feel appreciated for who I am, as a person
I affirm myself for who I am, as a person
I affirm myself as a person who happens to have pain
I affirm my hope and ability to feel better
I affirm my emotional strength to cope with pain on a daily basis
I affirm my ability to grow emotionally stronger every day
I affirm my ability to change unhappy feelings
I affirm my ability to take control of my pain and feelings

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