

**AFFIRMATION STATEMENTS
FOR
MANAGING FEELINGS**

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.)

Managing Feelings

I affirm my ability to be in charge of my feelings
I acknowledge the reality that feelings can get overwhelming at times
I choose to begin to stop being afraid of my feelings
I acknowledge that feelings are frightening at times
I affirm my ability to stop being afraid of my feelings
I affirm my ability to begin to manage my fears
I affirm my right to not frighten myself
I affirm my ability to face my fears
I choose to face my fears courageously today
I choose to find a way to contain unhappy and scary feelings
I choose to learn how to control unwelcome feelings
I choose to acknowledge that there is no simple instruction book for managing feelings
I affirm my ability to manage my feelings without instructions
I choose to focus on my strengths
I choose to learn how to interrupt embarrassing feelings
I choose to learn how to stop feeling uncomfortable with other people
I choose to stop telling myself that people may be uncomfortable with me
I choose to begin to take ownership of my feelings
I choose to begin to accept feelings as part of being human
I acknowledge that being human involves pleasant and unpleasant feelings
I affirm my right to gradually take responsibility for my feelings
I choose to begin trusting myself
I affirm my right to trust myself
I affirm my right to feel happy or hurt
I affirm the choice I have to feel happy or hurt
I affirm my choice to stop feeling pain
I affirm my choice to feel less sadness in my life
I affirm my choice to feel good about myself

I welcome taking charge of my feelings
I welcome and nourish hope to feel differently
I have a right to my feelings
I have a right to feel angry
I have a right to my sadness
I have the right to feel good
I choose to give myself the right to feel angry
I affirm my right to not feel afraid
I affirm my right to change my feelings
I choose to begin to feel differently
I affirm my right to be in charge of my feelings
I affirm my responsibility for my own feelings
I affirm my right to not entertain some feelings
I affirm my right to feel strong
I affirm my emotional strength
I choose to stop doubting myself
I choose to begin feeling more confident
I affirm my ability to change feelings from the past
I readily acknowledge my strengths
I choose to risk not being afraid
I affirm my ability to feel like an adult
I affirm my ability to feel adult
I choose to remind myself that I am no longer a child
I choose to be kind to myself
I affirm my right to be happy
I affirm my right to risk feeling happy
I affirm my ability to gradually put the past behind me.
I affirm my ability to disconnect from the past
I affirm my ability to say “goodbye” to the past.
I affirm my ability to be in charge of my feelings today
I choose to feel in control today
I choose to feel strong today
I choose to recognize that I am taking charge of my feelings
I affirm my right not to be afraid of my feelings

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