

## Affirmation Statements

*(Affirmation statements are more powerful in re-programming your thoughts and feelings when you repeat them out loud, and not just “think” them or whisper them. It is beneficial to select those which touch you as most personal and relevant, and repeat them often. It is important to repeat them many times, even though the words do not always correspond to the feeling you may have, but is the feeling you desire. Feel free to select the ones that touch you the most, and seem most relevant to your life, and drop, ignore or erase the others).*

### Changing Feelings:

I affirm my hope and ability to feel better  
I affirm my ability to learn to feel differently  
I affirm the possibility of feeling better  
I acknowledge the reality that depression can be a part of human life  
I affirm my ability to begin to let go of depressive thoughts and feelings  
I choose to work toward managing the depressive feelings differently  
I affirm my emotional strength  
I choose to focus on my emotional strength today  
I choose to allow myself to lean on others for some emotional strength  
I choose to grow emotionally stronger each day  
I affirm my strength to control some negative thoughts today  
I choose to feel pleasant feelings about me today  
I choose to be kind to me today  
I affirm my right to have kind and encouraging thoughts about myself today  
I affirm my ability to generate encouraging thoughts about me today  
I affirm my power to change unhappy feelings  
I affirm my ability to feel better today  
I choose to acknowledge that these feelings may not change immediately  
I choose to continue to affirm myself in the absence of immediate change  
I affirm my ability to take charge of some depressive feelings  
I choose to interrupt depressive thoughts as often as I can  
I choose to substitute positive thoughts as often as I can  
I choose to put aside depressive thoughts for thirty minutes at a time  
I choose to begin to believe in my ability to manage depressive feelings  
I choose to set short-term goals for changing feelings  
I affirm my right to hope for contentment  
I affirm my ability to change  
I choose to trust myself even in the face of depression  
I choose to replace doubts with trust  
I choose to acknowledge that feelings change over time  
I choose to remind myself that I can influence my feelings  
I affirm my ability to care for myself by interrupting unpleasant thoughts  
I affirm my ability to be kind to myself by stopping self-doubts  
I affirm my ability to begin to change my feelings