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***AFFIRMATION STATEMENTS  
FOR SELF-ESTEEM***

I choose to begin feeling positive about myself  
I affirm my right to feel good about myself  
I affirm my choice to feel trusting of myself  
I choose to begin to interrupt negative thoughts about myself today  
I choose to begin to think positively about myself  
I affirm my right to feel positive about myself  
I affirm my right to stop self-critical statements  
I affirm my right to interrupt my self-doubts  
I affirm my abilities to begin to change negative feelings  
I choose to begin to stop feeling inadequate  
I choose to reassure myself of my ability to feel better  
I choose to change self-discouraging thoughts  
I choose to affirm myself more often  
I choose to re-assure myself that unhappy feelings can change  
I affirm my ability and strength to change  
I choose to stop self-doubts as often as I can  
I choose to stop comparing myself to others  
I affirm my right to feel good about myself  
I affirm my right to stop feeling bad about myself  
I choose to remind myself of the support of my spouse and children  
I choose to remind myself that I can stay positive during the day  
I affirm my ability to gain self-confidence  
I affirm my right to believe in myself  
I choose to stop feeling inferior to others  
I affirm my right to feel as good as other people