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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