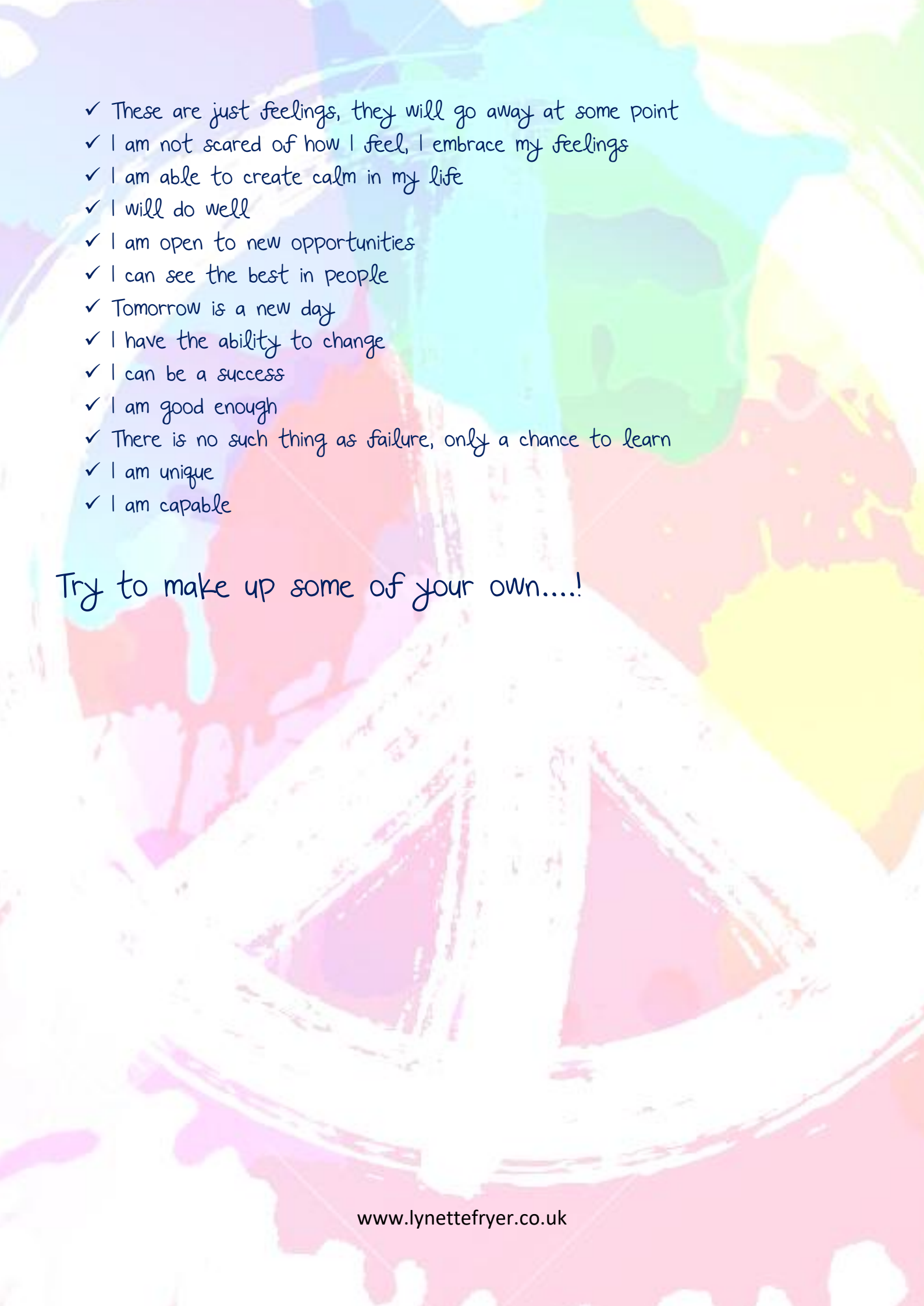


Positive Self Talk

Sometimes we need to be nice to ourselves by using affirmations

- ✓ This will pass
- ✓ I am calm, I am relaxed
- ✓ Keep calm & carry on
- ✓ Life loves me & I love my life
- ✓ Stop, breathe, I can do this
- ✓ Other people can't affect me unless I allow them to
- ✓ I am allowed to feel anxious, angry, sad, it's normal, I can deal with this
- ✓ I am becoming more confident
- ✓ I am able to ask for help
- ✓ I have done this before, I can cope again
- ✓ I can learn from this experience
- ✓ It will be easier next time
- ✓ I am open to receiving good things in my life
- ✓ I use my coping skills to get through this
- ✓ This is difficult & uncomfortable, but it's only temporary
- ✓ Thoughts are just thoughts, they are not necessarily true or factual
- ✓ Right now I am not in any danger, right now I am safe
- ✓ It's okay to feel this way, it's a normal reaction
- ✓ I may be feeling this way because of past experiences, but I am safe right now
- ✓ I have survived before, I can survive again
- ✓ I don't need to rush, I can take things slowly
- ✓ I don't need to know or learn everything right now, I can take my time
- ✓ I am trying my best in this situation
- ✓ I can feel bad, but I still have a choice to take a new more healthy direction
- ✓ Short term pain for long term gain
- ✓ People might be looking at me because they actually like me
- ✓ This won't last forever

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- ✓ These are just feelings, they will go away at some point
 - ✓ I am not scared of how I feel, I embrace my feelings
 - ✓ I am able to create calm in my life
 - ✓ I will do well
 - ✓ I am open to new opportunities
 - ✓ I can see the best in people
 - ✓ Tomorrow is a new day
 - ✓ I have the ability to change
 - ✓ I can be a success
 - ✓ I am good enough
 - ✓ There is no such thing as failure, only a chance to learn
 - ✓ I am unique
 - ✓ I am capable

Try to make up some of your own....!