

DEALING WITH
NEGATIVE THOUGHTS

Affirmations

Whenever you find yourself ruminating over stressful events, you'll often find that repeating your affirmations a few times is a helpful way to nip the vicious downward spiral in the bud.

Choose 2-3 affirmations from this exercise, or create your own list, and repeat them whenever you catch yourself starting to ruminate.

- My thoughts don't control me, I control my thoughts.
- I am at peace with all that has happened, is happening, and will happen.
- I wake up today with strength in my heart and clarity in my mind.
- My ability to conquer my challenges is limitless.
- Today, I will focus on progress, not on perfection.
- My thoughts are filled with positivity.
- I accept myself.
- I am calm.
- I am a powerhouse; I am indestructible.
- I will achieve great things through small steps.
- I am courageous and I stand up for myself.
- I've survived this before, I'll survive now.
- Today, I abandon my old habits and take up new, more positive ones.
- Creative energy surges through me and leads me to new and brilliant ideas.
- I am the architect of my life; I build its foundation and choose its contents.
- I have been given endless talents which I begin to utilize today.
- I forgive those who have harmed me in my past and peacefully detach from them.
- A river of compassion washes away my anger and replaces it with love.
- I base my happiness on my own accomplishments and the blessings I've been given.
- Though these times are difficult, they are only a short phase of life.
- My fears of tomorrow are simply melting away.
- I choose to live in the present moment.
- I can make it through this.
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