

# Positive Affirmations

🔍 Samuel Davis 🔊



My feelings make me uncomfortable right now, but I can accept them.

I can be anxious and still deal with the situation.

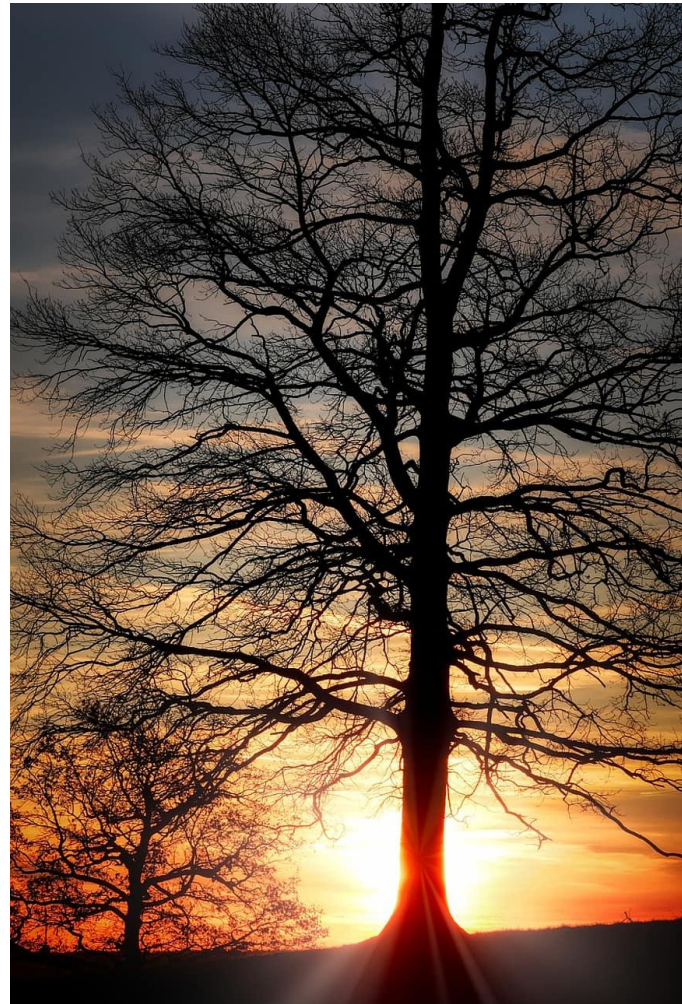
These are my feelings, and they'll eventually go away.

It's okay to feel sad/anxious/afraid sometimes.



My thoughts don't control my life, I do.

I can think different thoughts if I want to.



This situation sucks, but it's only temporary.

This situation won't last forever.





I've already been through many other painful experiences, and I've survived.

I'm strong enough to handle what's happening to me right now.



This is an opportunity for me to learn how to cope with my fears.

I'm strong and I can deal with this.

I can ride this out and not let it get to me.



I've survived other situations like this before, and I'll survive this one too.

I am not in danger right now.

My anxiety/fear/sadness  
won't kill me; it just doesn't  
feel good right now.

I can take all the time I  
need right now to let go and  
relax.

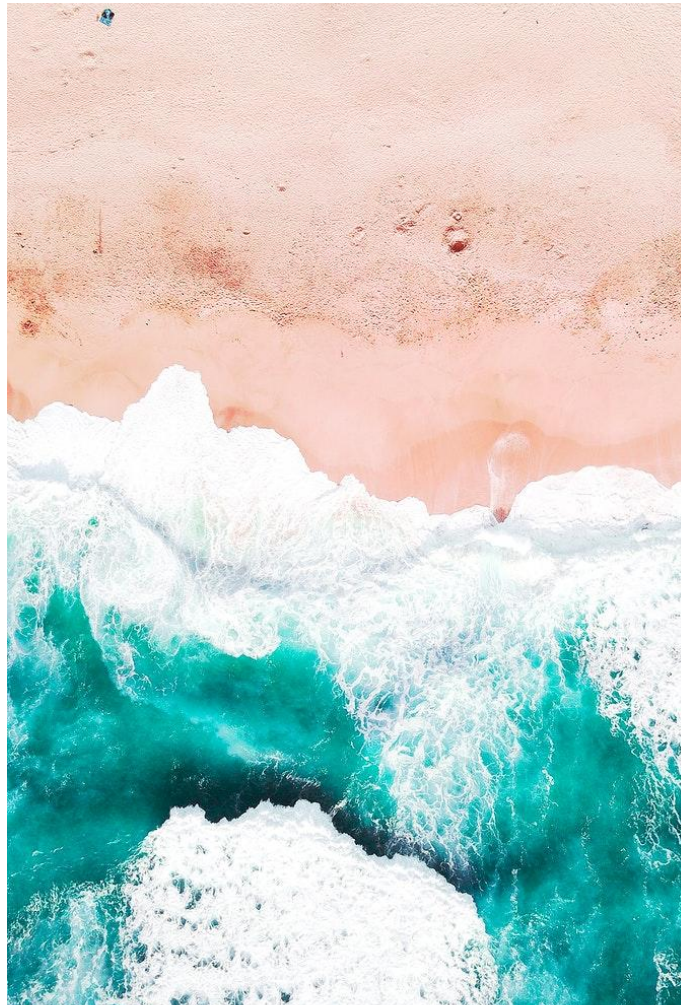




Today will be a positive day.

I will do what makes me happy as long as it is not hurting another.

My ailments to not define me.



Trying my best is enough.

It is amazing that I get up in the morning.

I am my own person.

# Credit

I received this information via several worksheets from my therapist.

The positive sentences are credited to McKay Davis, & Fanning, 1997. The last slide was written by me.

Positive words are a method of distress tolerance.

