


PRACTICING POSITIVE SELF-TALK

Depression is reinforced every time a negative thought goes unchallenged and is accepted as truth. Distorted thinking nurtures a depressed mood. Positive self-talk is a powerful tool to replace depression-inducing negative thoughts and improve both your mood and self-esteem.



Repeat the following affirmations often and notice the impact on your mood and self-esteem:

- I live a day at a time; do first things first.
- I have the same importance as everyone else as a person.
- I have positive thoughts about myself.
-  I am the author of my own life.
- I am unique; I do the best I can – no one can ask for more.
- My number one responsibility is my well being and continuing to grow in wisdom.
- I refuse to let the opinions of others keep me depressed or anxious.
- I make my own decisions and assume responsibility for any mistakes. I refuse to feel lingering shame or guilt.
- I am peaceful and patient since I have the rest of my life in which to grow.
- I expect life to offer me both positive and negative learning experiences since I am learning how to manage both.
- My mistakes (nonsuccesses) do not make me stupid, a loser, or whatever. They only prove that I am imperfect, which is human. There is certainly nothing wrong with being human.
- I cannot control the things that will happen to me, but I can control the attitude I have toward these things. Both my personal well-being and my suffering depend on my attitude.

