

# Affirmations

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Affirmations are not a cure for depression, but they can be a helpful tool in taking small, meaningful steps toward recovery.

Research in psychology suggests that positive affirmations work by engaging areas of the brain associated with self-processing and reward, such as the ventromedial prefrontal cortex. They help counteract negative self-talk, which is common in depression, by promoting a shift toward self-compassion and hope.

While they don't replace professional treatment, consistent practice of affirmations can reinforce positive thinking patterns, boost self-esteem, and encourage incremental actions that align with healing. Over time, these small mental shifts can contribute to a larger sense of wellbeing and resilience.

**The worksheet below is here to help you identify affirmations that you can believe in and truly align with you.**

You **can** create a healthier relationship with depressive thoughts and build resilience.

I believe you are capable of overcoming this. Soon, you will too.

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It's important to choose affirmations that resonate and speak to you on a personal level. Here are some affirmations to get started. Highlight or circle the ones that feel meaningful and relevant to you.

**This feeling is temporary; I am stronger than I realize.**

**I deserve peace and healing.**

**It's okay to rest rest is productive.**

**I am amazing just as I am.**

**I am doing the best I can.**

**I am worthy of love and kindness, even on tough days.**

**I am proud of myself for showing up today.**

**Only I can define my worth.**

**I am not my thoughts; I am more than what I'm feeling right now.**

**Small steps lead to big changes; I celebrate every step forward.**

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Now, personalize affirmations based on your feelings and experiences.  
Use the prompts below to guide you:

**When I'm feeling overwhelmed, I want to remind myself:**

**A kind thing I would say to a friend feeling like me is:**

**I feel strong and capable when I remember:**

# Affirmations

Make these affirmations a part of your daily routine.

## Morning

Start your day by reading 2-3 affirmations out loud.

## During the day or night

When negative thoughts arise, repeat an affirmation to yourself.

## Evening

Before bed, write one affirmation you connected with during the day.

It's important that your affirmations have meaning and really resonate with you. For each affirmation you choose, reflect on how it makes you feel or how you might integrate it into your life.

**Affirmation**



**Why it matters to me**



**How I will use it**



**Affirmation**



**Why it matters to me**



**How I will use it**



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**Affirmation**



**Why it matters to me**



**How I will use it**



**Affirmation**



**Why it matters to me**



**How I will use it**



**Affirmation**



**Why it matters to me**



**How I will use it**



**Affirmation**



**Why it matters to me**



**How I will use it**

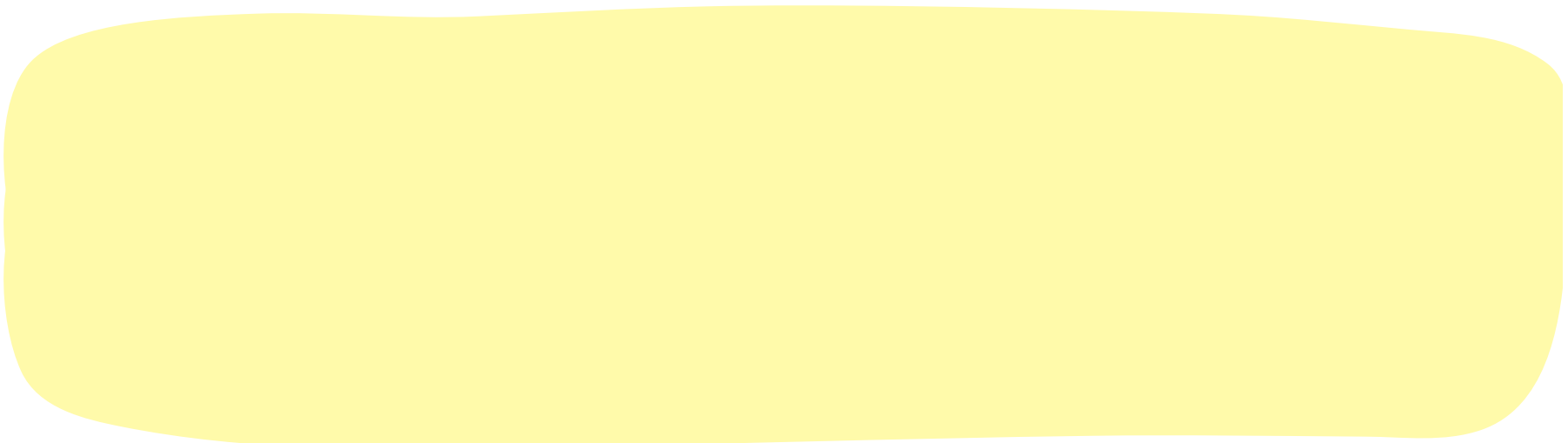


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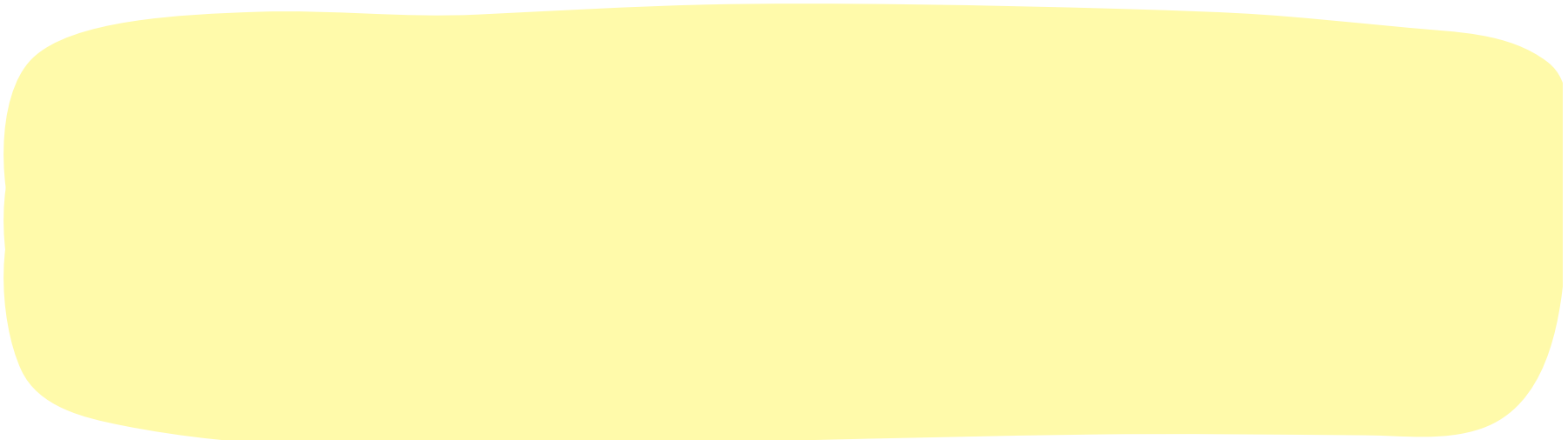
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Let's reflect a little more...

How did creating or practicing these affirmations make you feel?



What's one affirmation you'll carry with you today?



Well done for making it to the end of this work sheet!

Make sure you continue to include affirmations in your daily routine. It may feel silly at first, but this science-backed practise shows that consistency is key and you'll begin to see a difference over time.