

Coping Affirmations

Mentalhealthcenterkids.com

Make positive thinking a daily habit in your life – begin by repeating your chosen affirmation 3 times every time you see it!

Make sure you choose affirmations that are important to you! Cut out your chosen affirmations and keep them with you - Put them on the fridge, in your pocket, on the bathroom mirror, in your book/planner, on your bedroom door, or anywhere you're likely to see it during the day!

Which affirmations are important to you?



I will never please everyone and that's okay.

I will not be hard on myself today.

It doesn't matter what the struggle is. There is always room for hope.

I have dealt with difficulties before and I can deal with this.



If someone gets angry at me for saying no, that doesn't mean I should have said yes.

Saying no to someone does not make me a selfish person.

I have learned to treat myself gently, because I am doing my best.

I can cope with this, I am stronger than I think.

If I let myself down by slipping back into old habits, I can gently correct my course without feeling guilty.

One step at a time I will get to where I am going.



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I choose to make the best of what I have.

I will surround myself with people who are affirming and encouraging.

I won't stress over things that I cannot change.

I will not feel guilty for caring for myself.

I can learn to embrace change.

I choose to focus my attention on my goals, and what is uplifting.



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I am not afraid of making mistakes.

I can survive the present, even if I don't like what's happening.

I will forgive in order to move forward.

I can only control myself and my own actions.

I will not wait to have a good day. I will make one.

Standing up for myself over 'small' things can be just as important as 'big' things to others.



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I can't change what has already happened.

Feelings are not facts, and not all thoughts are true.

It's okay to want or need something from someone else.

Its okay to feel anxious, angry or sad. I can still deal with this effectively.

This situation is only temporary.

I can learn from the past to solve present and future problems.



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This feeling will pass and I
will be okay.

I can accept things the
way they are.

I can't change the
situation, but I can control
the way I respond to it.

Just because someone
said 'No' to my request,
does not mean I shouldn't
have asked in the first
place.

I deserve to be happy.

Today I will walk through
my fears.



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