

# POSITIVE AFFIRMATIONS

## TRANSFORMING YOUR LANGUAGE

### NEGATIVE RESPONSE

1. Why me?
2. (First thing in the morning)  
Great, another day... or - how  
will I make it through this day?
3. Am I always going to feel this  
way?
4. My heart will never be whole  
again!
5. I am broken..
6. I don't know any other way!
7. I will always be sick, feel  
depressed (etc.).
8. Everyone is against me. Or,  
no one understands me.

### POSITIVE RESPONSE

1. What lesson am I learning?
2. (First thing in the morning) I  
wonder what new things will  
show up in my day today!
3. This is only temporary. I've  
got This!
4. I am grateful to have  
experienced love.
5. I am healing..
6. I am open to learning new  
ways.
7. My story does not define me.  
My body has everything it  
needs to heal.
8. I create healthy boundaries  
around who is allowed in my  
life. It is ok for someone to be  
wrong about me.