



POSITIVE SELF-STATEMENTS

Use the following positive self-statements to help you “dispute” or argue against negative and irrational thinking.

- I can solve this problem!
- I’m okay—feeling sad is normal under these circumstances.
- I can’t direct the wind, but I can adjust the sails.
- I don’t have to please everyone.
- I can replace my fears with faith.
- It’s okay to please myself.
- There will be an end to this difficulty.
- If I try, I can do it!
- I can get help from _____ if I need it.
- It’s easier once I get started.
- I just need to relax.
- I can cope with this!
- I can reduce my fears.
- I just need to stay on track.
- I can’t let the worries creep in.
- Prayer helps me.
- I’m proud of myself!
- I can hang in there!

Can you think of any others?