



Firefly Counseling NC
Community, Creativity, Education, Empowerment

Affirmations

REMINDER: Affirmations allow our brain to take in positive information as we manage challenges of the day.

Affirmations are NOT there for suppression (toxic positivity) but to help us see the dialectics of the day. Dialectics are two opposites can co-exist such as joy and sadness.

GOAL; Practicing 5 deep breaths while saying an affirmation to ourself, gives our brain a pause during the day to ground and re-focus at whatever we are managing in the moment.

TIPS: I like to attach this skill to muscle memory. For example, saying an affirmations anytime I walk down a hallway. Below are affirmation prompts to choose from that help give options to this healing coping skill.

PLEASE NOTE: With affirmations, a tip is not to use the word "not" or "don't". For example, "Don't freak out, don't freak out" can induce stress. Instead "I am calm, I am calm" can help be grounding when paired with deep breathing.

EXAMPLES:

I am	_____
I choose to be	_____
I am becoming more	_____
Today is	_____
I am growing in	_____
I believe	_____
I love	_____
I delight in	_____
Today I choose	_____
I am nurturing	_____
I invite in	_____, and I let go of _____
I breathe in	_____, and I breathe out _____

Created by Cynthia McSwain, LCMHC: www.fireflycounselingnc.com