

Positive Affirmations: The Power of Positivity

Your healing journey is filled with peaks and valleys. While the rewards of positive changes are very satisfying, the triggers in your environment can test your mettle. Positive affirmations are beneficial in reframing negative thoughts, reaffirming your healing purpose and journey, and to boost your confidence in general!

Defining Positive Affirmations

- In its simplest terms, supportive affirmations are **positive and specific** statements that help you to overcome self-sabotaging and negative thoughts. They help you visualize and believe in what you are trying to affirm in yourself.
- Ultimately these positive and uplifting thoughts aid you in making healthy changes to your life. The word affirmation comes from the Latin *affirmare*, which means **“to strengthen and make steady.”** Affirmation statements are affirming that something is true for us. The purpose of positive affirmations is to affirm to ourselves that things are good **even if we don’t necessarily feel that way at the time.**
- Positive affirmations have the power to transform lives. They play a significant role in many therapeutic models—including cognitive behavioral therapy, a treatment for depression.
- Carefully constructed positive affirmations can “rewire” our brains to break negative thought patterns. Similar to exercise, positive affirmations can actually increase the amount of feel-good hormones in our brains. Positive thoughts create positive emotions, which can actually change our physiology and improve our mental, emotional, and physical health.
- Engaging in the power of positive thinking defeats the negative self-talk that often occurs in recovery. There can be many times when your internal dialogue consists of thoughts such as “I can’t make it”, “this sucks”, and “I am not good enough”. Employing a positive attitude and healthy self-talk will **help relieve the stress and self-pity that accompany negative attitudes.**

“Whether you think you can, or you think you can’t—you’re right.” —Henry Ford

- Our thoughts and beliefs shape both our perception and experience of ourselves and the world around us. Research indicates that nearly 80% of our self talk is negative. Imagine spending your whole day listening to a recording of whining, complaints, and criticisms. **What many people fail to recognize is that they are listening to these types of thoughts in their head on repeat every day.**
- Our programming can become so ingrained in us that we may not be aware of its existence. Thoughts such as “I’m not good at anything,” “Life is hard,” or “People can’t be trusted” may cross our minds so frequently that we **begin to recognize them as facts and no longer question the possibility that things could be different.**

Adopting “The Power of Positivity”

- In working a program of recovery, **attitude is everything.** It isn’t enough to just say positive things; you must also believe in them with your whole heart—even during those times where your healing is on shaky ground. It takes practice, consistency, and perseverance.
- When you start this practice, you must first identify those **areas where you need improvement.** For example, do you wish to cultivate more patience in your life? Do you wish to deepen your relationships with family and friends? What do you need to do to strengthen yourself as a whole?
 - Write down several behaviors that you would like to work on.

- For each area that you want to improve, create a positive present-tense statement that you can repeat to yourself several times a day.
- Examples of affirming phrases include the following:
 - *Small steps forward are still steps.*
 - *Progress over perfection.*
 - *Asking for help is a sign of strength*
 - *My recovery comes first—no matter what.*
- It is important that these statements are in **the present tense** as if they are occurring right now.
- Secondly, the **power of positive statements lies in their repetition**. It is important to recite these several times a day every day.
- Thirdly and most importantly, **affirmations are most effective when you say them with feeling and emotion**. The sayings that you choose must have **significant meaning to you**. Remember, you need to want change to happen in your life.
- Additionally, you should find various ways to incorporate these positive sayings and feelings in your daily routine.
 - You can include them in a morning meditation,
 - read them from a book,
 - use them in a chant or speak them aloud.
 - For maximum benefit, you should engage in the practice of positive affirmation during “**peak times**” of the day such as before bed as well as during the waking hours. During these periods of time, your mind is still and clear.

Another Tool in the Toolbox

- Affirmations are another essential life skill you can utilize to keep you moving forward. As stated earlier, using this technique takes some practice and know-how. With due diligence, you will begin to notice the great changes that are happening in your life.

Nothing changes if nothing changes.

Happiness is a journey, not a destination.

It works if you work it.

- **The more personal the affirmations are, the more likely they are to work for you. Try using the above affirmations as a guide to aid you in creating your own affirmation statements. Start by identifying your negative thought patterns and creating positive countering statements. For example, a phrase such as “I’m not good at anything” may become “I always do my best.”**
- **Affirmations are most effective when implemented into a daily routine. Your own quotes can be read, spoken aloud, and thought several times throughout the day. Repetition is key. The more you say it, the more you may believe it.**
- **Affirmations are more than simply repeating words, however. Though the process may seem silly if you’re new to it, affirmations have the power to drastically improve lives by freeing people from their own negativity and self-doubt. Using affirmations is a practice of recognizing and changing your thoughts on a daily basis. Eventually, positive thoughts can transform your cognitive patterns and negative thoughts may become less prominent. The more you can consciously choose your thoughts, the better your life can be.**

“Thoughts become things, choose the good ones.” —Mike Dooley

POSITIVE AFFIRMATIONS

◆◆I am the architect of my life; I build its foundation
and choose its contents◆◆



◆◆Today, I am brimming with energy and Overflowing
with joy◆◆



◆◆My body is healthy; my mind is brilliant; my soul is
tranquil◆◆



◆◆I am superior to negative thoughts and low
actions◆◆



◆◆Happiness is a choice. I base my happiness on my
own accomplishments and the blessings I've been
given◆◆



Creating Affirmations

1. Where do you want to flourish?

- a. Think of the areas of your life where you want growth
- b. What are triggers for stress and uncertainty?
- c. Where do you feel out of control?
- d. Where do you feel stagnant? What needs progression?

2. Set/recognize goals?

- a. Write out goals specific to the growth in those areas. Make them measurable and attainable
- b. If you already have goals revisit them here. Revise if necessary

3. Reverse the negative

- a. Think of negative characteristics about yourself that you'd like to change
- b. What stereotypes do other people have about you that you know to be untrue?

4. Write positive affirmations

- a. Write confident statement about the present and future
- b. Include in your affirmation, statements about the goals you want to achieve
- c. Write statements that change the negative stereotype and characteristics you have
