

# what is a positive affirmation?

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A POSITIVE PHRASE OR STATEMENT USED TO CHALLENGE  
NEGATIVE OR UNHELPFUL THOUGHTS

# How do I do that?

Come up with a positive phrase. You can say this in your head, out loud, or write it down

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Examples:

I am determined and I can accomplish what I set out to achieve

I am loved

My anxiety doesn't control my life, I do  
i am capable

I am on a journey, ever growing and  
developing

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To have impact on your self-esteem, your affirmations should be positively focused and targeted at actions you can use to reinforce your sense of identity

Use your strengths or things you consider important to guide your affirmations

# Is there even science behind that?

Yes, there is science behind them. Positive affirmations are based on widely accepted and well-established psychological theory.

*Self-affirmation theory (Steele, 1988)*

The most important thing for them being beneficial is consistency.

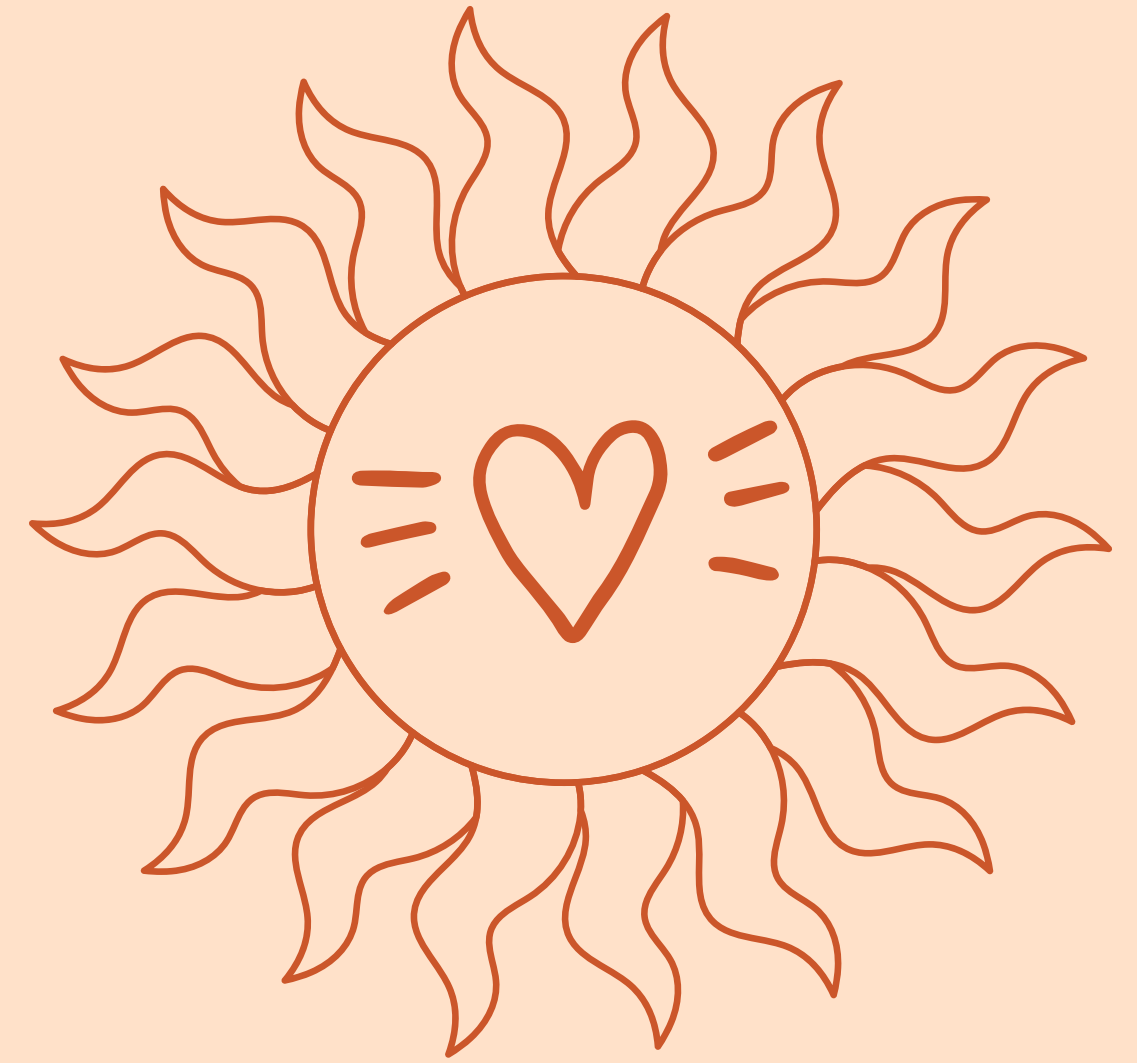


# What are the benefits?

Positive affirmations can help us respond in a less defensive and resistant way when we're presented with threats.

Positive affirmations have been shown to help with the tendency to linger on negative experiences

*(Weisenfeld et al, 2001)*



when we are able to deal with negative messages and replace them with positive statements, we can construct more adaptive, hopeful narratives about who we are and what we can accomplish.