



(902) 443-9944 phone  
(902) 443-5680 fax  
[www.edag.ca](http://www.edag.ca)  
[info@edag.ca](mailto:info@edag.ca)

65 Ochterloney St., 2<sup>nd</sup> floor, Dartmouth, NS B2Y 1C3

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## THINK POSITIVELY

Affirmations are strong positive statements about you. They are “I am” statements that describe strong and positive things about you. Affirmations really work – we all know that if we hear or say something enough times, we tend to believe it!

### Tips for Writing Affirmations:

- Avoid negatives and words like “**should**”. For example, “I should stop being a bad person.”
- Write strong and positive statements like “I am a good person and can look for the good in myself and in others.”
- Keep affirmations in the present tense, such as “Today I will...”
- Try starting your affirmations with “I”, as in “I am a great person.”

Now you are ready to be using affirmations. Every morning when you get up, choose an affirmation. Write it down on a piece of paper if you think you’ll forget it. Carry it with you and practice saying it to yourself a few times during the day.

Say affirmations any time that you find yourself speaking negatively to yourself. For example, if a friend is mad with you because you aren’t feeling well and don’t want to go to a movie with her, you might start thinking to yourself, “I am a bad friend, I’m selfish and mean.” Instead, use your affirmation to “attack” that negative thought. Try to challenge the negative critical voice inside yourself with positive, rational and happy statements.

We all know the power of positive thinking. It takes practice, but it really works!

Adapted from information from the BC Eating Disorders Association

