

Positive Affirmations

A Positive Affirmation is a carefully formatted statement fostering a belief of a positive mental attitude. Positive statements can change your life for the better as they act as to void out or quiet your negative self-talk. Often, people who stutter, experience ongoing harsh and negative self-talk. Positive affirmations will help counter the negative chatter. The affirmation is present tense, positive, personal and specific. Positive affirmations are encouraged to be said out loud in front of the mirror in the morning, at night, and whenever else is needed. Say each affirmation at least 3 times before moving on to your next affirmation. This will allow the positive message to resonate deep in your mind, body and spirit. You can also create positive statements to say as well.

Examples:

I am a good communicator.

I am a thoughtful and smart person.

I choose happiness, success and abundance in my life.

Write 3 positive affirmations or statements, and say them out loud

1)

2)

3)