



Connie Bonner-Britt MA LMHC
 360-542-6895
 connie@selftimeout.org

Chuck Britt MA LMFT
 360-336-3882
 chuck@selftimeout.org



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<p>AFFIRMATION SAMPLE CHOICES (From www.selftimeout.org) You can make your choices and then copy and paste them into your BLANK AFFIRMATION FORM. The list below is Organized by Affirmation TYPE.</p>
I can choose....
I can choose to feel good about myself.
I can choose not to abandon myself.
I can choose to affirm myself.
I don't trust this process but I can choose to give it a chance.
I don't feel in control but perhaps choice is better.
I can choose to practice and then I will get better at this.
I can choose to find my way on my own.
I can choose to notice that I have more than one feeling.
I can choose to label what I'm feeling.
I can choose to label what I'm needing.
I can choose to like myself.
I can choose to believe in myself.
I can choose to refuse to receive the impulsive talk of others.
I can choose to believe in myself.
I can choose to notice what my body feels.
I can choose to notice what my body needs.
I can choose to be loyal to the feelings and needs of my body.
I can choose to notice, my happiness comes from self-care.
I can choose to find out what I am capable of accomplishing.
I can choose to say, No, and do, No, when others demand that I have their impulses.
I can choose to feel good about myself.
I can choose to affirm myself.
I am... I feel... I still... I'm not sure...
I am astonished at the good job I did.
I am good at this.
I feel better when I'm less impulsive.
I feel like I can do this now.
I like to have some gentle structure in my life.
I still feel angry but I know I don't want to be impulsive.
I still feel hurt but I know I don't want to hurt others.
I'm not sure I feel safe but I am willing to keep trying.
I feel better when I'm choosing to interrupt impulses.
Being less...
Being less frightening feels good.
Being less frightened feels good.
Being less manipulative feels good.
I don't...
I don't feel in control but owning my choice & outcome is more powerful than manipulation.
I don't trust this process but I can choose to give it a chance.
I don't feel in control but perhaps choice is better.
No. I don't need help. I just need to say what happened.
Saying "NO" feels weird but it feels good.
Now...
Now I don't feel so isolated.
Now I don't feel so dependent.

