**Positive Affirmations**

If you tend to be an anxious person, you have two choices:

1: Give in, and let it run your life.

OR

2: Accept it, and learn how to manage it

**Managing Anxiety:**

Negative self-talk and self-criticism make an already anxiety provoking situation much worse. In fact, negative thinking can even create anxiety, which can then interfere with attention, concentration, and mood.

Positive affirmations are the opposite of negative self-talk and self-criticism. They are positive sentences or phrases that help create a more optimistic thought pattern. While negative thinking increases anxiety, positive thinking reduces and frees a person from it.

The first step in using a positive affirmation is to recognize your own self critical thoughts. This can be done by looking at your thought journal from the past week.

Once you read your self critical thought, you try to rework it in a more positive way.

**Example**

Self critical thought:

I am going to fail, I am so stupid, I will never be successful.

Positive Affirmation:

I did not do well but I tried my best, next time I will do better.

**Another Thought:**

General positive affirmations written down and left around your house or car can also help to reduce your anxiety.

Create your own positive mantra!

References:

Wesson, N. (n.d.). *Exercises and strategies to help you*. Retrieved from http://wespsych.com/managinganxietyinsocialsituations.html