

Self-Talk for Depression

Directions:

Read these statements to yourself for 15 minutes, twice a day. You can also choose to read these statements into a recorder and play them back throughout the day as needed. Feel free to add your own on the back of this paper. The more you do it, the more they will stick.

Depression will not last forever.

I am not hopeless or helpless.

I can make myself feel better by telling myself the truth with an attitude of optimism.

I am okay. I am getting better every day.

I am a wonderful, unique person.

I will recover from depression.

I no longer accept negative thinking as part of who I am.

When I notice negative thoughts coming into my mind, I quickly let these thoughts go and replace them with truthful, positive thoughts.

I am a loving and kind person.

I have the ability to help others and help myself.

I am loved and I am worthy of love.

I can ask for help when I need it.

It's okay to feel the way I do.

I search for the positive in every situation.

I enjoy being a positive thinker.

Today is a good day. My mind and body are healing.

These challenges in life only make me stronger.

I am overcoming these challenges.

I am peaceful and content.

I no longer sabotage my happiness with negative thinking. Instead I think on positive things.

Each day I see myself becoming more successful.

I give myself permission to be happy and to feel joy inside.

I choose to forgive those who have offended me in any way.

I see the good around me and the good in other people. I see the good in myself.

I am not perfect. Nobody is perfect.

I let go of all anger and frustration. I no longer have room for these things in my life.

I am in full control of the thoughts I think. I think only those thoughts that are beneficial to me.

I am confident and I am getting stronger every day.

I love myself and have compassion for others.

I am confident and capable of reaching my goals.

I enjoy life and the many opportunities before me.

I resist all negativity and draw close to things that strengthen and empower me.

I think only on those things that promote a healthy mind and body.

I take the time to invest in myself and my own happiness.

I am human. It's okay to make mistakes. I don't have to be perfect.

With each breath I take, I feel more focused than before.

Peace and calm fill my mind.

I am not afraid of how I am feeling. My feelings will not hurt me.