

Affirmations for Behavioral Interventions

Educational Affirmations

- I am healthy.
- I am strong.
- There is nothing wrong with me.
- I am in control of my own nervous system.



Behavioral Affirmations

- I am not afraid.
- Speak to pain and other symptoms by saying things like:
“You’re nothing. I don’t need you anymore. You don’t matter to me.”
“I laugh at you and know that you are ridiculous.”

Moving On Affirmations

- I will accept these symptoms because they cannot harm me.
- I will move on with my life and focus on things I want and need to do.
- I am fine. There is no danger.
- I’m retraining my brain every day.
- I’m committed to my recovery.
- I will find time for myself to enjoy life and move forward.

