



WRITING EXERCISE FOR ...

Depression



"Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny." Gandhi

It's easy to let our inner, negative self-talk drive us deeper into depression without even noticing the cycle. One way to break that cycle is to use positive affirmations. Positive affirmations are positive statements you can think, speak, or write daily to train your brain to default to a positive mindset.

Create your own positive affirmations below. Start with negative thoughts you have and rewrite them as the opposite. Keep your affirmations short and in present tense, even if they aren't true yet.

Negative Thought Examples:

I am a quitter.



I am indecisive.



Positive Affirmation Examples:

I never give up.

I make decisions easily.

