



Positive Affirmations for Depression: Reflection Worksheet

1. Understanding Affirmations

Affirmations are:

- Short, intentional statements.
- Gentle reminders that encourage self-compassion.
- Words that can balance harsh inner thoughts.

Affirmations are not:

- A cure for depression.
- A replacement for professional care.

✨ Think of them as small lanterns that offer light in the dark.

2. Reflection: Current Self-Talk

Take a moment to notice the tone of your inner voice.

- What negative or harsh thoughts come up most often? (Write them down here if you'd like to acknowledge them.)

3. Affirmations to Try

Here are a few gentle affirmations. Circle or underline the ones that resonate most:

- I am more than my depression.
- It's okay to take today one step at a time.
- I am worthy of love, even when I don't feel lovable.
- This feeling will not last forever.
- I am learning to be gentle with myself.

Your turn: Write 1-2 affirmations that feel believable and comforting for you.

4. Putting Affirmations Into Practice

Choose one or two small ways to weave affirmations into daily life:

- ☐ Say one in the mirror each morning.
- ☐ Write one in a journal.
- ☐ Set a phone reminder with an affirmation.
- ☐ Whisper one before sleep.
- ☐ Other idea: _____

5. Gentle Reminder

Affirmations are tools, not solutions. They are most powerful when paired with professional support, self-care, and patience. Healing is a journey, and it's okay to take it one step at a time.

 *Final Note: Words can be seeds of hope. Plant them gently, and allow them to grow at their own pace.*