

AFFIRMATIONS (KINDNESS PHRASES) : USING OUR MINDS TO CALM OURSELVES



Regarding CBT (Cognitive Behavior Therapy) – Our thoughts are obviously significant, but as Dr. Aaron Beck (The Father of CBT) stated, our thoughts are often a product of our underlying beliefs about ourselves and life itself. (Examples :I am not loved, I am not safe, I do not know how to love right, etc.) It is the exploration of these underlying beliefs that helps us heal.

Think about what might be some negative thoughts/ beliefs that you have about yourself and/or life and write them here:

Develop some kindness phrases that you can say to your precious self to counter the above thoughts. Consider saying these to yourself many times a day. (This is the component of neuroplasticity.) Write new ones as your life unfolds. ☺ This is a powerful and effective tool for self-compassion and self-kindness.

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