

Affirm Yourself! Quick Tip for Cooling Down

When you direct your attention to positive truths, you invite pleasant feelings. Anger creates negative energy in your body. Use affirmations and positive self-talk to counter it.

Affirming Words: Powerful, Strong, Mature, Beautiful, Confident, Worthy, Able, Resilient, Ready, Wise, Hopeful, Motivated, Capable, Smart, Loving, Peaceful, Kind, Respectful, Free

Affirming Quotes: When writing affirmations, set your intentions in the direction of what you want.

Write, what you want: _____

Write an Affirmation using:

- Action Words
- Positive Phrases
- Present Tense
- Connection to your Emotion

Affirming Phrases: You can start with:

<i>I can</i>	<i>I will</i>	<i>I have</i>	<i>I must</i>	<i>I am</i>	<i>I'm going</i>
I can change	I will forgive	I have the ability	I must grow	I am ready	I'm going to achieve

Review list of affirmations

- “I can take control of my anger and my life”
- “I am in the driver’s seat; I chose to work toward bettering myself.”
- “I learn how to deal with my anger in a productive way because I am capable.”
- “My anger is temporary. I am mad right now, but I can calm down. Once I calm down, I’ll be able to better understand this situation.”

Write your own affirmations below:

- _____

- _____

- _____

Self-Talk: Read and say your personal affirmation out loud daily. This will serve as a reminder and will allow you to focus on the journey ahead and inspire you to continue to make positive changes.