



# Happily Imperfect

with Sharon Martin, LCSW

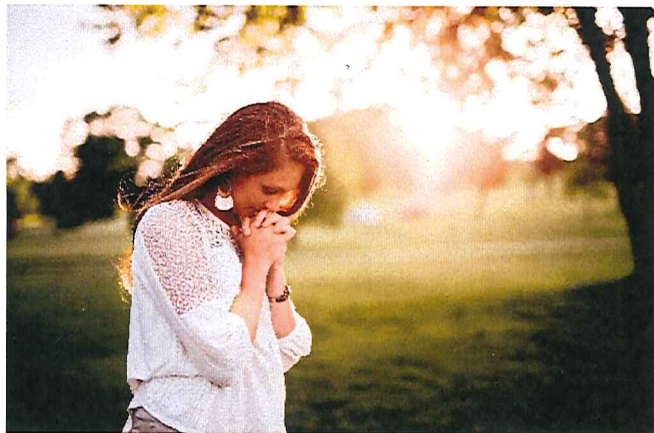
## Affirmations for Difficult Times

By Sharon Martin, LCSW

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During this unprecedented time of uncertainty we may feel overwhelmed, confused, and anxious at times. Using affirmations is one way to manage our thoughts and feelings. Affirmations can help us focus on how we want to feel and, on our ability, to cope.

However, if affirmations are going to work, they need to be realistic and authentic. Some positive affirmations are really corny and unbelievable (like, “I am full of peace and joy”). Telling yourself that you’re full of peace and joy when you’re actually full of tension and worry, probably isn’t going to feel true or helpful. Instead, try to acknowledge your situation and feelings (that you feel stressed and anxious) and focus on how you want to cope – what you want to think, feel, and do in response.



Below are some affirmations that you may find helpful during these stressful times. What feels true and right and helpful, certainly varies from person to person. So, use these as ideas to create your own affirmations. For example, you can make them more specific by stating something in particular that you’re grateful for or a particular coping strategy that you will use.

### Affirmations for stress and anxiety

1. This is stressful, so I will take extra good care of myself.
2. I will stay present-focused and take this one day at a time.
3. I choose to be optimistic.
4. I’m doing what I can to remain physically and emotionally healthy.
5. This too shall pass.
6. I will get through this.

7. I will focus on what I can control and release the rest.
8. My fear is understandable, but constantly worrying about the worst-case scenario isn't helpful.
9. I will try to be kind and gentle with myself.
10. I can be both afraid and courageous at the same time.
11. I'm doing the best that I can, and that's all I can ask of myself.
12. When I'm struggling, I will ask for help.
13. My feelings won't last forever.
14. I can always find something to be grateful for.
15. When I feel overwhelmed, I will choose a healthy way to cope.
16. It's healthy to take a break – to rest or have fun.
17. I can lean on others for support. I'm not alone in this.
18. When I'm afraid, I will rely on my Higher Power for strength and guidance.
19. My body and mind need to rest and recharge. So, I will let myself rest without judgment.
20. I'm stronger than I think.

## How to use affirmations

Affirmations have the most impact when we use them regularly. It's a good idea to write them down and keep them somewhere handy like your phone or purse. When we're under a lot of stress, we tend to forget things, so it's useful to have your list of affirmations in a convenient place.

Most people like to repeat their affirmations several times per day either by reading them silently or out loud or by writing them down in a journal or notebook.

I encourage you to try to make a daily habit of reading or writing your affirmations at the same time every day (first thing in the morning and before bed work well). Doing this consistently will help to reinforce the positive thoughts and feelings that you're trying to build.

You can also use these affirmations as writing prompts. See what thoughts and feelings emerge when you think about each affirmation.

I hope these affirmations bring you some comfort and hope during these difficult times.

### *Sharon Martin, LCSW*

Sharon Martin is a licensed psychotherapist practicing in San Jose, CA. She is the author of [The CBT Workbook for Perfectionism: Evidence-Based Skills to Help You Let Go of Self-Criticism, Build Self-Esteem, and Find Balance](#). To learn more, visit Sharon's [website](#).