



## Developing Positive Affirmations

This exercise is designed to help identify unrealistic self-expectations and transform them into positive affirmations.

**Step 1:** List some of your unrealistic self-expectations related to parenting. These often contain words such as always, never, must, should, no one.

- 1.
- 2.
- 3.

**Step 2:** Take each unrealistic self-expectation and change it into an alternative belief that feels right to you. These affirmations should be positive, short yet specific, stated as if it already exists, and be only about you. See the table on page 2 for examples.

- 1.
- 2.
- 3.

# Expectations from Self and Others

## Section 5



### Step 1: Examples of Unrealistic Hurtful Self-expectations

No matter how well I parent, it will never be good enough for my child.

I can't feel good about myself unless I am successful in alleviating my child's problems.

### Step 2: Examples of Positive Self-affirmations



I am good enough today as the person I am. While I will strive to do better in my parenting, I accept who I am today.

I will be there with my children as they face complex challenges. Together, we will learn what works and how to deal with what we cannot change.

**Step 3:** When you have some privacy, sit comfortably with a straight spine. Relax your body and calm your mind. Release your thoughts, insecurities, and doubts. When your mind gets restless, focus on your breathing, taking slow breaths.

**Step 4.** As you relax, open your mind. Suspend judgment and disbelief. Allow yourself to accept the idea that you are good enough just as you are.

**Step 5.** Choose one affirmation from above that especially appeals to you. Say it to yourself with increasing focus and intention repeating and accepting the affirmation. At some point, notice the affirmation repeating itself even when you do not consciously try to repeat it. Feel a growing sense of calm, clarity, and peacefulness as it begins to take root.

**Step 6.** Imagine how you will be and feel when the affirmation has become real. Visualize how you might perceive a usually stressful or frustrating situation from a place of calm and confidence. Sense how you will respond to others from this secure place. As you visualize the new perceptions, thoughts, and emotions that may follow from living out this affirmation, allow yourself to feel a sense of gratitude for allowing your self-worth to grow and take root in your body and mind.



\* Adapted from the [Traumatology Institute](#).