

CREATING AN AFFIRMATION PLAYLIST

Affirmations are thoughts you mentally repeat, and they are generally tied to core beliefs about yourself and the world around you. Sometimes beliefs create affirmations, and sometimes our affirmations create beliefs. We all use affirmations, because we all think, so we might as well choose some on purpose, am I right?

INSTRUCTIONS

1. **Identify a thought causing you pain.** This might be as simple as noticing, “Whenever I think [x, y, z], it hurts.” Or it might take some digging to figure out (maybe by journaling or talking it through with a therapist or other trusted person). Let’s take the example thought, “*I’m not good enough.*”
2. **Create an alternative thought.** This can be a pre-made affirmation you’ve saved from your favorite Instagram therapist or blog post, or you can come up with your own. Some questions to get you started:
 - a. What do I wish I believed? For example, *I am good enough.*
 - b. What thought would make my life easier? For example, *I don’t have to be good enough to be okay.*
 - c. What do people whom I admire believe about themselves and their lives? (You can either ask them or just make a guess—the point is to come up with a useful affirmation, not to answer the question 100% accurately). It seems like they think, *Other people’s opinions about me don’t matter.*
3. **Practice refuting the alternative thought.** What counter-arguments does your mind offer up when you say or write the alternative thought? No need to fear these! They don’t mean the affirmation won’t “work”, they’re just more material to work with! Your counter-arguments are *part of you*—they give you insight into your fears, priorities, hopes, and personality. We can *use them*. (See Step 3 on the next page for examples.)
4. **Now refute the refutations.** You smart bebe! I know you have an inner lawyer, because you just showed her to me! Let her take a look at your list from Step 3 and make at least two counterarguments for each one refutation. If it helps, pretend you are responding to a good friend rather than to yourself. (See Step 4 on the next page for examples.)
5. **Select several affirmations for your playlist.** Comb through and highlight your favorite thoughts from Steps 2 and 4, whether you fully believe them yet or not. Ask, “Would adopting this thought serve me?” Include at least one comfort-level affirmation (*one you already kind of believe*), one stretch affirmation (*maayyybbe?*), and one ultra-stretch affirmation (*every inch of me rejects this idea!*). There’s your playlist!

CREATING AN AFFIRMATION PLAYLIST - EXAMPLE

1. **Identify a painful thought:** I'm not good enough.

2. Alternative thought(s)	3. Refute it	4. Refutation ²
<p>I am good enough.</p>	<p>No, I'm not—what about the time I forgot my mom's birthday? Or the time I [fill-in-the-blank]??</p> <p>I don't believe that for one second—it's just positive psych mumbo-jumbo.</p> <p>But I don't <i>feel</i> good enough.</p> <p>If people really knew what I was like, they would believe me when I say I'm not a good person.</p> <p>I've been trying for years to love myself, but it never works.</p>	<p>That one mistake does not define me. I am more than my weakest moments. I am allowed to be human. Mistakes make me relatable.</p> <p>Just believing something doesn't make it true. I don't have to fully believe a thought before I entertain it as a possibility.</p> <p>Feelings aren't facts. Feelings change. It's okay to feel what I feel.</p> <p>My core intention is to do good. My [husband, wife, friend, sister, etc.] has seen my dark side, and they still care about me. Others' opinions are not fact.</p> <p>My past is not my future. I am allowed to grow.</p>

5. **Select a few favorites for your playlist:**

MY SELF-DOUBT PLAYLIST

- a. Mistakes do not define me.
- b. I am allowed to be human.
- c. It's okay to feel what I feel.
- d. Feeling something doesn't make it true.
- e. My past is not my future.
- f. I am allowed to grow.

CREATING AN AFFIRMATION PLAYLIST - YOUR TURN!

2. **Identify a painful thought:** _____

2. Alternative thought(s)	3. Refute it	4. Refutation²

6. **Select a few favorites for your playlist:**

MY _____ PLAYLIST

KERSTI'S FAVORITE ANTI-PERFECTIONIST AFFIRMATIONS

Perfection is not my purpose.

It is safe to make mistakes.

I am enough, exactly as I am.

I cannot do anything to earn more love.

I cannot do anything to earn more
worthiness.

I accept myself as I am.

My path is not anyone else's path.

What I gave today was enough.

What I did today was enough.

Whatever I do today will be enough.

I treat myself with kindness.

My worth is infinite and non-negotiable.

I give myself grace.

I am deserving of kindness.

I am deserving of all the good in my life.

I trust myself.

Mistakes help me grow.

I create meaning, not perfection.

Life is hard because it is hard, not because
I am doing it wrong.

I am connected to my purpose.

I am grounded.

I am safe.

It is safe to be me.

I belong here.

I am right where I need to be.

I trust the universe.

I trust the process.

I am free to say no.

I am free to say yes.

I can take it slow.

All I can do is all I can do.

I accept myself, flaws and all.

I am creating a life I love.

My worth is not up for debate.

I can trust my inner authority.

Others' opinions do not define me.

My pain is valid.

My pleasure is valid.

I am worthy of belonging and connection.

I see myself fully without looking away.