**Positive Affirmations**

**By Rabbi Daniel Schonbuch, LMFT**

*Affirmations about oneself*

⦁ I am unique.

⦁ I am the child of my Parent in Heaven who longs after me and loves me like His

 most precious treasure.

⦁ I am a good person who deserves to be loved.

⦁ I am a person who deserves to be treated with kindness and affection.

⦁ I totally accept and embrace myself as I am.

⦁ I am happy just to be alive breathing and experiencing all the wonders of life.

⦁ My soul within me makes me capable, talented and loved by others.

⦁ I love who I am because G-d loves me and sustains me every day.

⦁ I love who I am and I do not need to justify my existence to others.

⦁ My soul is like a precious diamond that can shine light outwards to others.

⦁ Fulfilling a commandment or doing an act of kindness draws me closer to G-d.

⦁ My very existence gives pleasure to the One above, like a child who gives his

 parent’s pleasure just by being born.

⦁ Although I may make mistakes, they are simply external blemishes which cover

 up my ultimate goodness that’s inherent within me.

⦁ I am a channel of positivity in this world.

⦁ My body is healthy and able to heal from any illness or pain.

*Affirmations about others*

⦁ I accept that all people are created by G-d and they deserve to be loved as I do.

⦁ G-d, not other people, takes care of all of my needs and no one can take away something which G-d does not want me to have.

⦁ “Love your neighbor as you love yourself.” This is the great principle of the Torah.

⦁ The only impediment that separates me from another person is our bodies, and not our souls, which are one.

⦁ I can share my goodness with others by treating them kindly and thinking good thoughts about them.

⦁ I have abundant love and desire to share goodness and love with other people.

⦁ Because I have an infinite soul, I have the ability to love others with infinite love and kindness.

⦁ I can judge other people favorably, and give them the opportunity to improve their ways.

⦁ Sometimes people may not appear good in my eyes because they are suffering in their own way.

⦁ With patience and kindness my relationships with other people (even difficult people) can work.

⦁ I can learn something new from everyone I meet.

⦁ G-d is guiding me through other people’s interactions with me; He is giving me direction through everyone I meet.

*Affirmations about life*

These positive affirmations are based on the Torah view of the nature of life. Repeating them enhances positive thoughts to better handle the ups and downs of life.

* Every moment and place is the right moment and place for me to be.
* I fully trust in G-d. He will give me everything I need in its proper time.
* Life has meaning in all circumstances and at all times.
* Everything that G-d does is for the good.
* This too is for good.
* Everything is working together for me right now, guiding me to the right destination.
* I accept G-d’s plan for me. He will show me step-by-step what I need to do.
* G-d gave me the power to overcome all potential roadblocks in my life.

Exercise

Create a list of positive affirmations that would improve your situation. Read these affirmations to yourself twice a day for the next week. Try to notice if you feel a difference in your overall emotional wellbeing.