**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 | • Present Tense |
| • Positive Phrases | • Connection to your Emotion |

**Affirming Phrases:** You can start with:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***I can*** | ***I will*** | ***I have*** | ***I must*** | ***I am*** | ***I’m going*** |
| 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

**a.** “I can take control of my anger and my life”

**b.** “I am in the driver’s seat; I chose to work toward bettering myself.”

**c.** “I learn how to deal with my anger in a productive way because I am capable.”

**d.** “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*:

1.

2.

3.

**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.

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