

Tool 10.2: Create affirmations⁶

Date:

Try writing an affirmation in response to each of the statements below. Be as specific as you can about the behavior you appreciated and why. General positivity can feel hollow.

Ex: “I tried not to drink tonight. I even skipped stopping at the bar. I couldn’t believe it when I got home and found that beer in the fridge.”

Ex: You successfully skipped the bar, but the beer in the fridge was a surprise. You are gaining strength and in time you will even cope with surprises.

“Is it alright if I use the car for a few hours?”

“I’m so exhausted from work. I don’t know how much longer I can keep this up.”

“I went to the doctor today and they did some blood work.”

Try an affirmation experiment. Set a goal of providing one affirmation a day for a week. You can practice on anyone—not just your loved one. What effects do you notice?

How did your affirmation impact the moment?

How did it impact you?

How did it impact the other person?

How did the other person respond to you?

⁶ Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.