

Using Self Talk

Affirmations for ADHD women

Why?

By repeating affirmations that remind you of your strengths and abilities, you can shift your mindset and focus on your positive qualities, which can help boost your confidence and motivation,



A great list:

- I've already been through many other painful experiences, and I've survived now I can learn how to thrive.
- When I am anxious I can learn to accomodate myself rather than push through.
- When I am stressed I can learn to practice self-care and self-compassion
- I can learn how to feel, decode, and trust my emotions.
- I can take all the time I need right now to figure out whats best for me.
- My anxiety/fear/sadness won't kill me;
I can learn to listen to it.
- It's okay to do things my own way.
- I can think different thoughts if I want to.
- I don't have to please everyone to survive
- I am a valuable and important person, and I'm worthy of the respect of others even if I have a different brain.
- I am my own expert, other people don't know what's best for me.
- I can express my ideas and thoughts, I don't need to silence my voice.
- I am doing the best I can and it can be good enough.
- I do many things deserving of compliments even though it is hard to hear them.
- I can make mistakes. I don't need ot be perfect.

