

FREE GUIDE TO CREATE POSITIVE AFFIRMATIONS



PATRIZIA JONES



Cultivating Self-Compassion: What Positive Affirmations Are Really About

One of the common misconceptions about positive thinking is about forced optimism and thinking positive all the time.

But positive affirmations are not about dismissing or suppressing so-called *negative* thoughts and emotions, as these are a valid and integral parts of our inner world. In fact, they often serve as valuable guides, helping us navigate our experiences with authenticity.

Instead, affirmations are a gentle tool for "playing" with our thoughts—an opportunity to create statements that are supportive, nurturing, and promote self-acceptance. They are not about overriding our inner guidance but rather about cultivating a more compassionate dialogue with ourselves, fostering a mindset that honours our growth while embracing our wholeness.

The following process is a guide to help you craft your unique affirmations, and you're free to tweak it to suit your personal style!



Step 1

Sit quietly and observe your thoughts.

Find a comfortable position in your favourite spot,
whether at home or outdoors.

Taking a moment to be still and listen to the voice
within begins the process of becoming aware of the
thought patterns running through your mind.

We all have this inner voice—a continuous stream of
thoughts that can either guide us toward our growth
and aspirations or subtly hold us back.



Step 2

Become aware of your thoughts.

Allow yourself to simply observe what you're thinking and feeling without engaging or following your thoughts.

With honesty and curiosity, notice the tone and content of your inner dialogue. As you observe the flow of your thoughts and feelings, a deeper level of awareness begins to emerge—an experience of your own presence.

You may start to recognize that you are not your thoughts; you are the observer beyond them.

This is the space where your true power resides.



Step 3

Write down your thoughts—they are the roadmap to your current beliefs.

Approach this practice with honesty, setting aside any judgment of your thoughts. True change begins with self-honesty and self-compassion.

Think of it as tidying up the rooms of your home: you first take a look around, noticing and acknowledging where the clutter and mess are.

Only then can you begin the process of cleaning and organizing, creating space for clarity and renewal.



Step 4

Reformulate and create new sentences to replace the old:

This is time for expressing your creativity;

For example, if weight was an issue for you, and the recurrent thought was “I am too fat”, positive affirmations could be something like:

- My body deserves kindness and care, just as it is."
- "I am learning to appreciate my body for all it does for me."
- "I am more than my appearance, and I choose to treat myself with compassion."
- "My worth is not defined by my weight, and I am deserving of love and respect."

These affirmations honour your feelings without invalidating them, while encouraging a kinder relationship with yourself.

The key is in paying attention to any shift in how you feel when you create your new affirmations.

Another idea is to ask yourself: "What would I say if I was talking with my best friend or someone I really love?"



Step 5

If you encounter resistance to positive sentences, try to practice self-acceptance:

Practicing acceptance of what-is is a key step in the process of change. Self-acceptance is the bridge between “negative” and “positive”, between what keeps us stuck and what allows us to grow and expand.

Examples of affirmations for self-acceptance could be:

- “I am enough, just as I am today.”
- “I honour and value all parts of myself.”
- “I choose to treat myself with love and compassion.”
- “I embrace the journey of becoming while appreciating who I am now.”
- “I trust in my inherent worthiness.”
- “I allow myself to show up in the world just as I am.”
- “I am learning to hold myself with kindness and care.”
- “I celebrate my uniqueness and all it brings to the world.”



Step 6

State in positive manner:

Focus on what you want to cultivate. For instance, instead of saying, “I don’t want to be sick,” gently shift your attention to wellness with affirmations like, “I am healthy,” “My body knows how to heal,” or “I love feeling energized and vibrant.” By focusing on solutions rather than problems, you can guide your mind toward more uplifting possibilities.

If you find yourself thinking, “I’m so unhappy with my living situation,” try reframing it with curiosity: “What kind of environment would feel more supportive to me?” or “What steps can I take to create a space I enjoy?”

Asking compassionate, open-ended questions invites intuition and inspiration to flow.



Step 7

Use the present tense.

Everything unfolds in the present moment. When you say, “I will have time” or “I will be happy,” you place those possibilities somewhere in the future.

Instead, anchor your affirmations in the present:
“I welcome moments of happiness into my life every day”
“I make time for what matters and create balance in my life.”

Questions can also be a powerful tool for shifting focus and inviting solutions.

For example, rather than thinking, “I’ll be happier when I have more time,” ask yourself, “What can I do right now to feel happier?” or “What small changes can I make today to create more time for what matters most?”



Step 8

Repeat, Repeat, Repeat!

Practice your new thought patterns regularly. Try creating a list of affirmations and speaking them aloud throughout the day. It might feel a bit awkward at first, much like learning a new language.

When learning a language, shaping your lips and tongue to unfamiliar sounds can feel unnatural, and it's easy to slip back into familiar patterns.

Affirmations work in a similar way—at first, they might feel strange, but with daily repetition and a little patience, they can gently rewire your thinking and feeling, opening the door to a more empowered and nurturing mindset.



And finally...

**Consider keeping your "inner work" private,
especially in the beginning.**

There's a belief that keeping affirmations and personal growth practices to yourself can help protect the energy you need to nurture these changes.


When you share your intentions or inner work too soon, you might unconsciously release energy that's crucial for inner transformation. By holding space for your journey privately, you give yourself the time and energy to cultivate those shifts within, without external influence.

Best wishes

Patrizia



www.patriziajones.com

A close-up photograph of a hand gently holding a lavender flower stem. The background is a soft-focus field of lavender plants under bright, natural light. The overall mood is peaceful and contemplative.

"Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power."
— Lao Tzu, Tao Te Ching