

Self-Esteem Coping Statements

I am worthy of all the good things that happen in my life.

I choose to live a healthy and positive lifestyle.

My emotions and feelings are valid and should be heard and listened to.

I know that I have good qualities and I recognize them in myself.

It is OK to be proud of myself and my accomplishments. I worked hard for them.

I am always **MOVING** in the direction of a worthwhile goal.

I surround myself with people who bring out the best in me.



I **inhale confidence** and **exhale fear**.

I can accept help from others, it does not make me weak.

When things are hard, I keep trying, and I don't give up.

I search for the positive in every situation.



I FORGIVE MYSELF AND OTHERS.

I belong, I am lovable, and I matter. No matter what.



I accept and love myself, while still striving to improve.

I am human. It's okay to make mistakes. I don't have to be perfect.



I don't compare myself to anyone else, I am my own person.

My life has meaning and purpose.

I am courageous. I am willing to act in spite of any fear.

I have the power to create change in my life. I will make special changes today.

I am in charge of how I feel and today I choose happiness.



Challenges make me **STRONGER**, mistakes help me **LEARN**, and failures help me **GROW**.

Every day, in every way, I am getting better and better.



There's nothing I need to change about myself to be accepted and loved.

I can treat myself with **kindness** and **compassion**

I am thankful for my challenges as they make me a stronger person.									

I accept **100%** responsibility for my own life.

I love, respect and believe in myself



I am worthy of happiness and love.

I am growing and changing for the better. I will continue to learn and grow.

I am I can I will
I am someone, I can do it, I will do it.

I know I can master anything if I practice it continually.

I accept the things I cannot change about myself, and learn to accept the parts of myself that I don't like.

I let go of the negative feelings about myself.

I am a unique and special person.



I can treat myself gently and with the care I would give a close friend.

I find something to be grateful for each day.

Coping Through Self Esteem

**Syamsul Arifin, Salis Yuniardi, Diah
Karmiyati, Iswinarti, Nida
Hasanati, Tulus Winarsunu, Cahyaning
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