# Positive Affirmations for Suicidal Thoughts

Say these out loud to help you feel better:

I don't really want to die, I just want the pain to end.

My suicidal thoughts are not rational.

I am safe and in control.

My future will be what I choose to make it.

There are other ways to end my pain.

I deserve to be happy.

I survived this feeling before, I can do it again.

I am so much stronger than I realise.

This is only temporary.