

# Positive Affirmations for Self-Harm

Say these out loud to help you feel better:

**My feelings are real and important.**

**I will not harm myself anymore.**

**I am safe and in control.**

**The pain I feel isn't going to last forever.**

**I can resist the urge to harm myself.**

**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.**