

If you are having suicidal thoughts, please call:
800-273-8255 (Nat'l Suicide Prevention Lifeline) or text 741741 (Crisis Text Line)

SURVIVING Suicidal Pain

survivingsuicidalpain.com
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Affirmations to Say to Yourself When You Are in Pain

When I was in my suicidal state, I desperately needed ways to motivate me to stay alive in the face of seemingly unbearable pain. Using affirmations an immediate way to change my thinking from negative to positive; from hopeless to hopeful. I encourage you to develop a list of your own that you can refer to when you need support.

Below are some affirmations that I have created to use when I feel myself sinking into a depression or having suicidal thoughts. I hope they will be helpful to you.

What You Can Say to Yourself When You Are in Pain

This too shall pass.

My pain is not forever.

What goes down must come up.

Tomorrow can be a new beginning.

I am surviving, one day at a time.

As I focus on one day at a time, the future takes care of itself.

I am surviving, one hour at a time.

I am surviving, one breath at a time.

I am persevering.

I am moving forward.

I will survive this crisis.

I am a survivor.

I can get better.

I can be restored.

While I breathe, I hope.

I'm reaching out for help.

My strength is growing.

I'm working on my courage.

I can bear this pain.

Things are changing every day.

The past is not the future.

The darkest hour is just before dawn.

Although I sit in the dark, the dawn is coming.

The Lord is my Shepherd, I shall not want

God is with me.

God is never late.

Spirit is attracting the right and perfect support I need to overcome my difficulties.

With help from spirit, I am able to cope with whatever comes my way.

You might want to practice saying your affirmations out loud. I find that when I do so, I immediately feel an emotional shift in my body that makes the affirmations more powerful. I also encourage you to create your own affirmations. You can find my **video** called [“7 Steps to Creating a Healing Affirmation”](#) on the resource page video section of survivingsuicidalpain.com

The content of the website is for educational purposes only and is not meant to replace diagnosis or treatment by a qualified mental health professional