

### *Activity 4*

Estimated Time: 15 minutes

Many times, changing a thought pattern is enough for one to pull out of depression, but this takes a while and it isn't instant. One thing that can happen is to reinforce these thoughts each day. Make a set of daily affirmation cards with positive phrases on them. Try to make 10 to 12 of them. Write phrases, such as 'I am worthy of living the life I want to live', or 'I am happy and healthy'. Take a card once per day and repeat the phrase to yourself several times a day.