



# Affirmations for:

## Depression



People love me, and I am worthy of their love.

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I am resilient in the face of any challenge.

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I am not perfect, and it is okay.

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I am in the process of positive change.

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I am navigating depression as best I can.

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It is not my fault that I have depression.

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I am in charge of how I feel and today I am choosing peace.

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I have agency in my life, and depression does not control me.

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I am not any less of a person because certain people can't understand my illness.

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I am valuable even when I am not productive.

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I am overcoming depression one step at a time.

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