

## Affirmations for Today

1. I am doing the best I can.
2. It is okay to feel upset, angry and frustrated. This is hard work.
3. No one can do this all on their own. It is OK to reach out for help from friends, family, other caregivers, support groups or counselors.
4. I need to take care of myself and let things go that I can best care for someone else.
5. Taking time to do even small things that bring me joy or meaning will make a difference.
6. It is important to be in the present and appreciate the little things together.
7. I will enjoy the pleasant times we have together.
8. Although \_\_\_\_\_ may not understand everything, is able to feel emotions and enjoy our time together.
9. \_\_\_\_\_ is not trying to make things harder. \_\_\_\_\_ does things sometimes just because of the disease.
10. I will have hard days and make some mistakes. With help from others, we will be okay.