

Self-Assured! Nevertheless Statements

Developing Nevertheless statements can help remind us of our unconditional worth when we recognize that we are having negative thoughts. It is important to challenge those negative thoughts so that we can begin to mitigate their impact on our self-esteem. Consider following Nevertheless statements and develop your own additional statements.

- Nevertheless, I am still a worthwhile person.
- Nevertheless, I am still of great worth.
- Nevertheless, my worth is infinite and unchangeable.
- Nevertheless, I am important and valuable as a person.

Develop 3 additional nevertheless statements that are fundamentally true about yourself.

Nevertheless, _____

Nevertheless, _____

Nevertheless, _____

Practice rephrasing each of the following negative statements so that they represent an even though... nevertheless statement.

I really blew it!

I mumble when I talk.

I am really stupid!
