

Twenty Daily Affirmations For Those Who Choose to Fight Depression



Denying reality doesn't help. You have to acknowledge your challenges and feelings. You need to set goals you can believe in. And then, the words you speak to yourself can change you.

Especially when those words speak from a timeless wisdom.

Start by reciting and memorizing one of these in the evening. Repeat in the morning. Try to repeat it again several times over the day. Once it's a part of you, take on another one.

If you need help, we're at chabad.org/askTheRabbi

—Tzvi Freeman

1.Uphill



I feel a heavy dark mass inside. It drags me down like lead weights on my wrists, my ankles, my heart, my mind and deep in my guts.

But I will continue pushing ahead. Because all that this means is that I am cycling uphill.

2. Purpose



If the world did not need me, I would never have come here. I am a precious child of the Infinite Light. I have not been dumped into the pain of this journey without purpose.

So I can't see a purpose. Why should it surprise me that a puny creature down on the ground can't see what its Creator sees from beyond time and space?

All I know is that there is no journey without purpose; no life without meaning. It may take years, many years, but one day I'll look back and I'll see how it was all well worth it. I will see and so will the entire world.

3. The Spiral



Before I was even conceived, before the entire universe was born, it was determined that everything that happens will be for the good, that all that exists should spiral relentlessly upward, that the destiny of all darkness will be light.

As big a mess as my life could be—whether it was dumped on me or even if I'm the one who made it that way—none of that could possibly throw off track the purpose of all being, including my own being. Perhaps I've taken a detour. Perhaps I've chosen my own path. I've taken a greater responsibility upon myself to clean up my own mess.

But, at the end of the day, whatever has happened, whatever I've done, it's only carried me and the entire world higher, closer to the great light.

4. Sandpaper



Others seem to be whisking through life along a Teflon highway. I feel like I'm being shlepped over sandpaper.

Or perhaps I am the sandpaper. Perhaps I am here to grind down the world.

So they glide smoothly through life, maybe even shine bright for a while—but when they leave, nothing has really changed. But with every hardship of my life, the hard edges of the world are ground away a little more. Every battle I win makes it easier for those who follow.

If I fail, I can pick myself up and battle again. Each time I win, I have fixed something in the world forever. For this, I was created. For this, the whole world was brought into being.

5. Freedom of Imagination



This dark thing may have power over my mood, even over my body. But my imagination remains free. I can imagine whatever I want to imagine.

So now I choose to imagine tomorrow, when I will be full of life. I can see it, I can feel it. It is where I want to be.

Where my imagination takes me, there I am, all of me.

6. Nevertheless...



Maybe everything I'm saying about myself is true. Maybe I really am a pitiful failure, immature and dull, unable to control myself, messing up again and again in public scenes—maybe it's even far worse than anything I've imagined.

And yet, despite all this, at the core of the universe lies the Source of All Life, at every moment pumping life into me out of unconditional love, with infinite patience.

Perhaps it's not so bad to be broken. Without being broken, how can you feel sincere gratitude?

7. Better Nothing



So I'm a nobody. Maybe that's a good thing. If I were a somebody, I would deserve something. If I were a big somebody, I would deserve everything.

But I'm a nobody. So whatever I get is a gift.

Every new morning of life, every pulse of my heart, every breath, every act of caring from whoever it is—being a nobody, I can celebrate all of those.

8. Divinely Happy



Others were born with souls naturally sweet and buoyant. It looks like mine is bitter and weighs heavy; it battles me at every turn.

On the other hand, those sweet souls live lives that are not really their own. They had no part in creating those lives. They have what they were given.

I can create my own life. G-d created bitter and sweet, dark and light. I can take bitterness and turn it sweet, darkness and make it shine.

It will be hard, very hard. But it will be my own light. When it comes time to return it to its Creator, I will say, "Look what I made with the stuff you gave me!"

And He will say, "That's my child!"

9. Bitter Sweets



It is bitter inside.

I can let that bitterness turn outward, to resentment and anger at the world.

Or I can turn it inward, to crack me open, rip me apart, shatter my soul and break my heart.

That could be bad. But it could also be good.

Because no place can contain more light or create more beauty than a broken heart, and to a shattered soul every breath of life is a gift.

10. Release



It's true that I'm a mess. Maybe even despicable, rotten and wormy.

But it's also true without a doubt that at my very core dwells a divine spark, G-d Himself breathing within me.

Okay, I've chained down that divine spark and locked her in a dark cell. I can hardly hear her screams for mercy through the thick concrete walls.

So then, this will be my project in life, my goal in all that I do: To release that spark from its cell and bring her back in union with her Beloved who has breathed her within me. Every time I am engaged in divine wisdom, or in a divine act, or pouring my heart out to that Beloved, no matter what a mess I remain, that beautiful, divine soul is returning home.

What greater celebration could there be than a precious child returning home?

11. Who Made This Mess?



I didn't create myself. Who made this mess and why?

It could only be that a loving Creator has decided to invest in resources that anyone else would completely ignore—because He alone sees the great potential there. As for me, I need only to dig, and I will find the gold.

With such a deep investment, the payoff must be big, very big.

12. Pain



I choose to embrace the pain I feel. This pain is not my enemy. It is my body fighting against death. It means I want to live.

This pain is my friend. A wicked friend, but not one worth fighting. Instead, I will embrace it and await the time when it will become deep pleasure.

13. Tough Stuff



Sometimes, life throws me tough stuff. Sometimes, I can handle it. Sometimes I search inside, and there's nothing there that can handle this. I'm being swept away by a tsunami, blown off a cliff, falling helplessly.

Which could only mean one thing: That buried very deep within me are powers I never imagined I might have. Powers to surf a tsunami, to dive off a cliff and swim through the rapids below.

As for this tough stuff—this is my Creator's way of bringing those powers out of me.

14.Higher View



Bad stuff happens. Sometimes I can see a silver lining. Sometimes, there's just no way anyone can convince me there's any good at all.

Sure, these things pass. I'll get over it. Just that it feels like the One who made me has left me behind. He's chosen not to exist in my life.

But I know that when my time down here is up and my soul ascends way high, then I'm going to look back down and I will be stunned by the beauty of it all. Everything was good. The hard times were when He picked me up higher, and the dark times were flashes of His blinding light.

I will see that I was never alone. There were times that we were close. And there times that we were in tight embrace.

15. One Buddy



Maybe I don't have any friends. Maybe nobody really cares. Where are they when I need them most?

But I am never alone. The One who made this place and runs it, He and I are the closest of buddies. Even when I mess up real bad, He's eagerly waits at the door for me to come back home.

The One who made me believes in me far more than I believe in Him. He never gives up.

16. Change



The way I am now is not how I always was. The way I will be is not how I am now.

I may be a captive prisoner of this moment now, but with struggle, with endurance, and with the help of my friends, I will break free.

One day, I will be who I choose to be.

17. Who Am I?



I am not a depressed person. I am a profoundly happy person with a deep appreciation of life.

I am fighting now, because that is what deep people do. Everything we accomplish is through battle; all our achievements are victories. That is how we come to perceive the depth of life that others will never glimpse.

18. What If?



What is expected of me? If I had no depression, what would make me feel successful in life?

If I could be up and dressed each day.

If I could sustain a close relationship with one other human being.

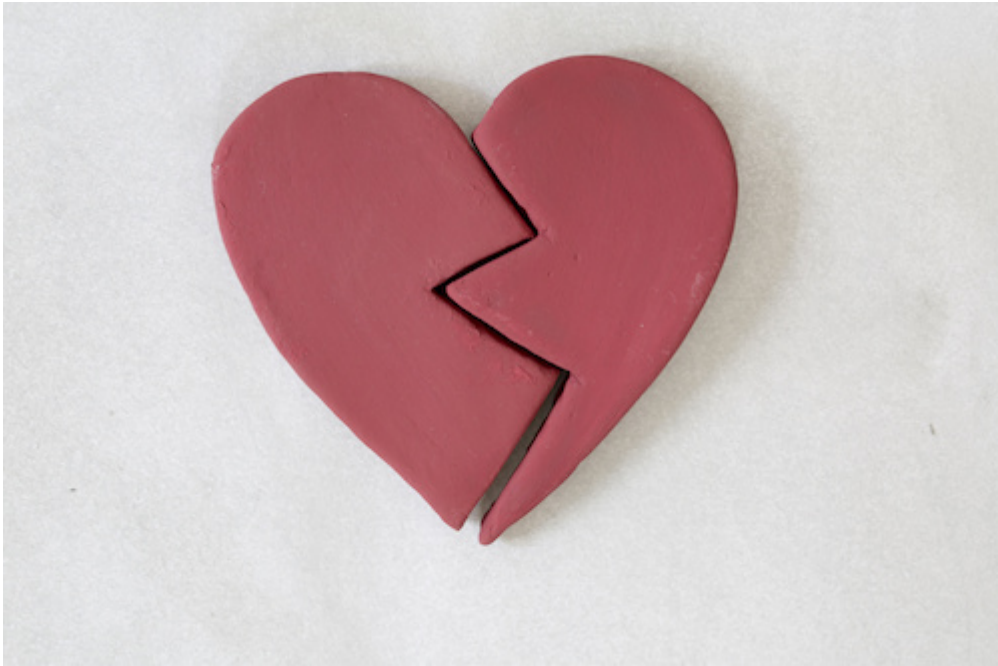
If I could watch a sunset and wonder at its beauty, breathe in air and appreciate that I am alive.

If I could do one thing that would make the life of another human being a little easier—even that of some little creature. If I could make someone feel more loved, more significant, to feel they have a place in this world.

Then life would be worth it. I would be a success.

And today, no matter how I feel, I can do any and all of those.

19. Both At Once



Just because my heart tastes bitter doesn't mean I cannot feel joy. Each voice has its private compartment in my heart, each singing its own tune.

On the contrary, they drive one another like two opposite poles of a dynamo to create the energy of life. Together, their voices sing out the song that belongs to my soul alone.

The ecstasy of the most beautiful song is driven by its bottomless agony; the agony by the unquenchable thirst of ecstasy. All is good, everything has its place in divine beauty.

20. Why I Am Here



I know this is not the way the world was meant to be. It's meant to be G-d's garden, a magnificent symphony in which its Infinite Creator is felt in every breath.

But it's not finished. It's broken. It's a mess.

The people who shine light into the world, they help things along. But the real work is done on the ground, picking up the broken pieces and painstakingly gluing them back together, trying to make sense of the crazy noise, facing the meaningless darkness of this world on its own terms, confronting the dragon in its lair and not running away.

It's through that battle that darkness will come to shine. Nothing will be left to obstruct our physical eyes from seeing the divine. In each thing and everywhere we will see G-d. And for that, all things were made.