

Affirmations for Surgery

Dihmes, 2021

Affirmations are positive statements that can help to shift negative situations into more positive situations. Affirmations can help you feel more in control before surgery.

Examples of Affirmations

- I am relaxed and calm as I prepare for this surgery.
- My surgery will be successful.
- I will wake up easily and feel refreshed after surgery.
- My body will work quickly to heal after my surgery.
- I trust in my health care team to their skills for my good and to promote my healing.
- I am a strong person and I will adapt to the lessons my body is teaching me through this process.

My Affirmations: Create some of your own and write them down below.

Read them aloud every day to yourself before surgery. Take a slow, deep breath before you read each one. Bring them with you to your surgery so a member of your health care team can read them to you as you receive anesthesia.