

## Affirmation

**Class objective:** To learn to use affirmations in Portuguese.

### Concept A: Introduction to Affirmation

**Affirmations are really simple, short and powerful expressions. When you say, think, even hear them, they become thoughts that create reality.**

### Concept B: Adverbs of Affirmation

Adverbs of affirmation are, as the name implies, words which signify that a given statement is true, or “positive”. They include:

Portuguese	English
Sim	Yes
Realmente	Indeed
Certamente	For sure
Por que não?	Why not?

### Concept B: Expressions and examples

- Sim , eu vou amanhã./ yes i will go tomorrow
- Realmente, este casaco é bom.Indeed this coat is good.
- Estás a perguntar-me se quero gelado? Certamente!./ You're asking me whether I want ice cream?For sure!
- Esse é certamente um bom motivo./This is certainly a good motive.

### Concept C: Negations

Adverbs of negation, on the other hand, declare that a given statement is false, or “negative”. They include:

Portuguese	English
Não	No,not
Nem	Not even
Nem sequer	It is often (but not always) paired with the word which reinforces the negation expressed by <i>nem</i> .
Nunca	Never

1. **Introduction**

2. **Background**

3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

6. **References**

7. **Appendix**

8. **Supplementary Materials**

9. **Tables**

- 1. **Table 1**
- 2. **Table 2**
- 3. **Table 3**

10. **Figures**

1. **Introduction**

This document describes the system architecture and components.

2. **System Architecture**

- 1. **System Overview**
- 2. **System Components**
- 3. **System Flow**

3. **System Components**

- 1. **System Overview**  
The system is designed to provide a comprehensive solution for managing data and resources. It consists of several key components that work together to ensure efficient operation.
- 2. **System Components**  
The system is composed of the following main components:
  - Database Layer:** Responsible for storing and retrieving data.
  - Application Layer:** Handles the business logic and user interactions.
  - Presentation Layer:** Provides the user interface for the system.
- 3. **System Flow**  
The system flow describes the sequence of operations and data flow between the components.

4. **System Flow**

- 1. **System Overview**  
The system flow illustrates the process from user input to data storage and retrieval.

5. **Conclusion**

This document provides a detailed overview of the system architecture.

The system is designed to be scalable and flexible, allowing for future enhancements.

6. **Appendix**

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- 2. **System Components**
- 3. **System Flow**

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