

# Affirmations

*Affirmations are a tool in recovery, nurturing statements we make to ourselves. We use them as a means to start building ourselves up from the inside. This act helps us to change our old ways of thinking as we come to believe them through a slow committed process.*

As I let go of damaging beliefs about myself and others, I feel free.

I release all worn out behaviors in my life.

I let my Higher Power lead my way. I am safe and secure.

I see my life experience as a series of opportunities- as one door shuts, another is opened.

I love my body just as it is right now.

As I let go of all the negative thoughts I have held about my body, I feel at peace.

I create healthy ways to express my anger.

As I allow myself to grieve, I heal my sadness and create a space for joy.

I ask for help when I need it.

I have the support of caring people.

I am a child of God. I deserve love, peace and prosperity for me.

I can face my fears & work to overcome them

I can trust my thoughts & emotions

I feel my feelings for me

I can be vulnerable with someone I trust.

I forgive myself for accepting sex when I wanted love.

I make decisions confidently for me

I am kind, loving and gentle to me for me

I have the right to be here, to exist.

I am worthwhile and important.

As my self-love increases, I receive love from others with greater ease.

I am peaceful and loving

I deserve joy.

I will seek out friends today

I am a good listener

I feel good about myself for me

I express my feelings for me

I make wise choices for me

I treat myself with kindness & patience

I am in charge of my life

I forgive myself & others who have hurt me

I am a friend to myself

I can express my anger openly, honestly & appropriately

I can handle criticism with ease

Today I will put all negativity behind me

I acknowledge my needs

I have the ability to say "no" to old thoughts and to change them to healthier ones.

I trust in the serenity my God provides

I am not alone, I am one with God and the universe.

In this moment, I am willing to follow the guidance of my Higher Power to the best of my ability.  
I have the ability to accept and to give love.  
I have many talents  
I am not a victim  
I will be who I am and I am enough.  
I am worthy and good to me for me.  
I am a strong, capable person  
I respect myself and I deserve respect from others  
I deserve relationships with people who honor my boundaries  
I set my boundaries for me  
I respect mine and others boundaries for me  
I can be close to another person without losing myself.  
The pain that I feel by remembering, cannot be any worse than the pain that I feel by knowing and not remembering  
I take full charge of my life today  
I let serenity flow into my life  
I feel appreciated today  
I can give to others with no strings attached  
I can meet new opportunities without fear  
I will not be intimidated for me  
Today I view my childhood without shame  
Today I have confidence  
Today I will rejoice in my abilities  
I allow God to enter my life today  
I trust in the serenity my God provides  
I am calm and tranquil.  
I can be playful  
I open my heart to my inner child  
I have a new awareness in my life  
Being myself is glorious.  
My serenity deepens as my acceptance increases.  
I accept what is, let go of what was and have faith in what will be.  
I release my fear of feeling my feelings.  
I deserve the good things that happen in my life.  
I can let life be good.  
Today, I am willing.  
I am perfectly me.  
The more I connect with my Higher Power, the healthier I am.  
I am exactly where I am supposed to be.  
I can handle it, whatever it is.  
I am grateful for what I have and for who I am.  
I have choices in life.  
I am on a wonderful journey of recovery and healing.