



## POSITIVE AFFIRMATIONS

- ❖ JUST FOR TODAY I WILL RESPECT MY OWN AND OTHERS BOUNDARIES.
- ❖ JUST FOR TODAY I WILL BE VULNERABLE WITH SOMEONE I TRUST.
- ❖ JUST FOR TODAY I WILL TAKE ONE COMPLIMENT AND HOLD IT IN MY HEART FOR MORE THAN JUST A FLEETING MOMENT. I WILL LET IT NURTURE ME.
- ❖ JUST FOR TODAY I WILL ACT IN A WAY THAT I WOULD ADMIRE IN SOMEONE ELSE.
- ❖ I AM A CHILD OF GOD.
- ❖ I AM A PRECIOUS PERSON.
- ❖ I AM A WORTHWILE PERSON.
- ❖ I AM BEAUTIFUL INSIDE AND OUTSIDE.
- ❖ I LOVE MYSELF UNCONDITIONALLY.
- ❖ I CAN ALLOW MYSELF AMPLE LEISURE TIME WITHOUT FEELING GUILTY.
- ❖ I DESERVE TO BE LOVED BY OTHERS AND MYSELF.
- ❖ I DESERVE LOVE, PEACE, PROSPERITY AND SERENITY.
- ❖ I FORGIVE MYSELF FOR HURTING OTHERS AND MYSELF.
- ❖ I FORGIVE MYSELF FOR LETTING OTHERS HURT ME.
- ❖ I FORGIVE MYSELF FOR ACCEPTING SEX WHEN I WANTED LOVE.
- ❖ I AM WILLING TO ACCEPT LOVE
- ❖ I AM NOT ALONE; I AM ONE WITH GOD AND THE UNIVERSE.
- ❖ I AM WHOLE AND GOOD.
- ❖ I AM CAPABLE OF CHANGING.
- ❖ THE PAIN THAT I MIGHT FEEL BY REMEMBERING CAN'T BE ANY WORSE THAN THE PAIN I FEEL BY KNOWING AND NOT REMEMBERING.
- ❖ I AM ENOUGH.