



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 WORTHWHILE 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 MYSELF AND OTHER.

I AM LOVED BECAUSE I DESERVE LOVE.

I AM A CHILD OF GOD AND DESERVE LOVE, PEACE, AND SERENITY. I FORGIVE MYSELF FOR HURTING MYSELF AND OTHERS.

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 CAPABLE OF CHANGING.

THE PAIN THAT I MIGHT FEEL BY REMEMBERING CANNOT BE ANY WORSE THAN THE PAIN I FEEL BY KNOWING AND NOT REMEMBERING.

Following thru is critical to recovery. Don't turn back.

(These affirmations are offered as a tool to aid in replacing the negative messages of the past with positive messages of recovery.)