

# Empowering and Embracing Sexual Health: Positive Affirmations for Healing and Growth



- I honor and respect my body, embracing my sexual health.
- I am worthy of pleasure and intimacy.
- I trust myself to make empowered choices about my sexual health.
- I prioritize my sexual well-being and take proactive steps to maintain it.
- I am confident in communicating my needs and boundaries in sexual situations.
- I celebrate my sexuality as a natural and beautiful aspect of who I am.
- I release shame and guilt surrounding my sexual experiences.
- I deserve pleasure and joy in all aspects of my life, including my sexuality.
- I am deserving of love and respect in all my sexual relationships.
- I embrace my sexuality with confidence and self-assurance.
- My sexuality is unique and valid, and I embrace its diversity.
- I honor the diversity of sexual identities and orientations, including my own.
- I celebrate the beauty of all bodies, shapes, and sizes, including my own.
- I respect and affirm the rights of all individuals to express their sexuality authentically.
- I embrace pleasure as a natural and essential part of being human, regardless of societal norms.
- I acknowledge and affirm the importance of inclusive sexual education and resources for all people.
- I trust in my ability to navigate and advocate for my sexual health, regardless of societal barriers.
- I am committed to fostering a culture of consent and respect in all my sexual interactions.
- I embrace and honor the intersections of my sexuality with other aspects of my identity.
- I recognize the importance of destigmatizing sexual health conversations and seeking support when needed.
- I stand against all forms of sexual violence, coercion, and oppression.
- I recognize and challenge systemic barriers that impact access to sexual health services and education.
- I affirm the agency and autonomy of all individuals in all aspects of their sexual lives.
- I support the rights of sex workers and advocate for their safety, dignity, and rights.
- I celebrate and affirm the diversity of gender expressions and identities in sexual health discourse.
- I work to dismantle harmful stereotypes and stigmas surrounding sexuality, race, ethnicity, and disability.
- I acknowledge and address the disproportionate impact of HIV/AIDS on marginalized communities.
- I strive to create spaces that are inclusive, affirming, and safe for all sexual orientation and identities.
- I commit to amplifying the voices of marginalized individuals in conversations about sexual health and rights.
- I acknowledge and confront the historical and ongoing impacts of colonialism on sexual attitudes, recognizing the resilience and wisdom of indigenous and marginalized communities in reclaiming their sexual sovereignty and cultural practices.

**How could you enhance this list? Consider how your unique perspective and experiences could enrich the understanding of sexual health positivity. Share your affirmations and insights to create a more inclusive and empowering dialogue.**

*AUTHOR'S NOTE: THESE AFFIRMATIONS ARE INTENDED TO FOSTER A POSITIVE AND INCLUSIVE DIALOGUE SURROUNDING SEXUAL HEALTH AND WELL-BEING. REMEMBER, THIS LIST IS INTENDED TO ONLY BE A STARTING POINT. FEEL FREE TO REACH OUT WITH YOUR THOUGHTS OR TO CONTRIBUTE FURTHER:*

**JENNIVE HENRY, MS, NCC, LPC, CST | WEBSITE: [WWW.AMETHYSTCOUNSELOR.COM](http://WWW.AMETHYSTCOUNSELOR.COM) | EMAIL: [JENNIVE@AMETHYSTCOUNSELOR.COM](mailto:JENNIVE@AMETHYSTCOUNSELOR.COM)**