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## SELF-HEALING AFFIRMATIONS FOR CHRONIC PAIN





I AM  
LISTENING &  
LEARNING  
FROM MY PAIN



I CHOOSE TO  
THRIVE DESPITE  
MY PAIN



I WELCOME AN  
ABUNDANCE OF JOY  
INTO MY LIFE



I AM STRONG &  
RESILIENT





I ACCEPT THIS TOO  
WILL PASS



I AM HEALING EVERY  
DAY





I CHOOSE TO  
NURTURE MY BODY  
WITH LOVE &  
KINDNESS





I CHOOSE TO  
OVERCOME MY  
GREATEST  
CHALLENGE



I LOVE BEING THE  
CREATOR OF MY OWN  
REALITY





I LIVE PAIN-FREE  
WITH AN ABUNDANCE  
OF ENERGY





MY ACTIONS  
GENERATE INNER  
HEALING





I MANIFEST A BODY  
THAT IS HEALTHY  
AND PAIN FREE





I AM WILDLY  
OPTIMISTIC IN MY  
ABILITY TO HEAL



MY ENERGY & FOCUS  
IS CONSTANTLY  
INCREASING





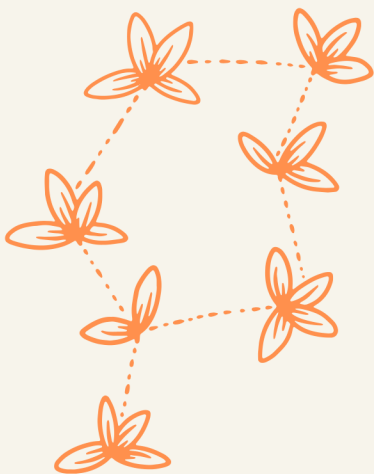
I AM GRATEFUL FOR  
THE FREEDOM FROM  
CHRONIC PAIN





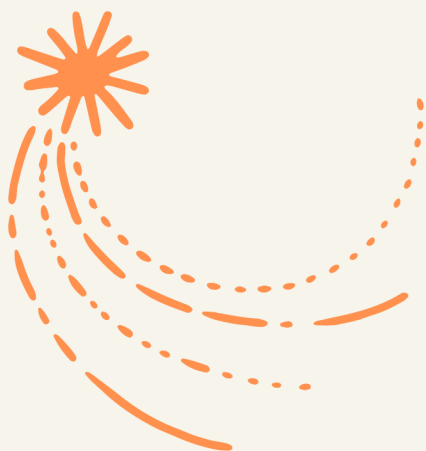
I AM WORTHY OF  
HEALING





I AM FULLY  
COMMITTED TO MY  
HEALING JOURNEY





I ALWAYS ACHIEVE  
MY HEALTH GOALS





I BELIEVE IN THE  
ABILITY TO HARNESS  
MY HEALING FORCE



GOOD HEALTH IS MY  
BIRTHRIGHT