



Anxietylab.org
3-4-5 Program Course

Affirmations for Abuse Survivors (*“Difficult childhood”*)

Why do this?

Research shows that repetitive thoughts and beliefs can be replaced with better thoughts. The brain can change if we make the effort to replace negative thoughts that have been “wired-into” our minds over the years. We can replace those with better beliefs and thoughts that will guide our feelings and behaviors in a better direction, resulting in more relief from pain, improved relational abilities and more effective behaviors.

Sample Affirmations:

I AM WORTHY OF HAPPINESS

I AM WORTHY OF LOVE

I AM SAFE

I AM OKAY

IT'S NOT FAIR, BUT OTHER PEOPLE SIMPLY DON'T UNDERSTAND THIS PAIN

I WILL DEAL WITH THE PAIN OF MY PAST WITH DIGNITY AND STRENGTH

I AM NOT ALONE

THERE IS HORROR IN THE WORLD

THERE IS ALSO KINDNESS AND BEAUTY IN THE WORLD

TERRIBLE THINGS HAPPEN TO PEOPLE SOMETIMES

GOOD THINGS CAN HAPPEN TO ME IF I LET THEM

THERE ARE MILLIONS OF PEOPLE WHO HAVE HAD A BAD CHILDHOOD LIKE MINE

THERE ARE MILLIONS OF PEOPLE WHO SUFFER THESE AFFLICTIONS, I AM NOT ALONE

I HAVE THE COURAGE TO FACE IT

I AM GETTING BETTER

I HAVE FAITH IN MYSELF

I AM GAINING MORE FAITH AND CONFIDENCE AS I WORK ON MY PROBLEMS

I AM WORKING ON HEALING WHAT HAPPENED TO ME

THE THINGS THAT WERE DONE TO ME WERE WRONG BUT I AM STILL A GOOD PERSON

THE THINGS THAT WERE SAID TO ME WERE WRONG TO SAY TO A CHILD

BEING HIT WAS NOT OKAY – THEY SHOULD NOT HAVE DONE THAT TO ME

BEING HURT LIKE THAT WAS NOT OKAY

WHAT THEY DID WAS NOT RIGHT AND I NEVER DESERVED TO BE TREATED THAT WAY

I NEVER DESERVED TO BE TREATED THAT WAY

EVERY CHILD DESERVES TO EAT AND PLAY AND MAKE NOISE- I DID NOTHING WRONG

I AM STRONG AND WILL SURVIVE THIS PROCESS OF HEALING

I WILL GET PAST WHAT THEY DID AND BE A STRONGER, HAPPIER PERSON

I CAN GET THROUGH THIS PROCESS OF HEALING

I WILL GET THROUGH THIS PROCESS OF HEALING

I KNOW I AM A GOOD PERSON NO MATTER WHAT THEY TOLD ME

THE PEOPLE WHO HURT ME DID NOT KNOW ANY BETTER

THE PEOPLE WHO HURT ME DID NOT MEAN IT – THEY ARE TROUBLED AND SICK

FORGIVENESS MAY HELP ME GET PAST IT ALL

I MAY DECIDE TO FORGIVE THE PEOPLE WHO HURT ME – IT'S MY CHOICE

I AM BETTER THAN WHAT THEY TOLD ME AND DID TO ME

I WILL WORK ON GETTING STRONGER

I AM DOING IT NOW

I PROMISE MYSELF I WILL HEAL THESE INNER WOUNDS AND CLAIM MY LIFE

I DESERVE LOVE AND HAPPINESS AS MUCH AS ANYONE

I WILL BE LESS BITTER ABOUT MY LIFE ONCE I WORK THROUGH THESE ISSUES

I WILL BE MORE CAPABLE OF LISTENING AND HEARING OTHERS ONCE I HEAL MORE

I INTEND TO KEEP HEALING THE PAST WOUNDS AND GETTING STRONGER

WHAT HAPPENED TO ME WAS NOT MY FAULT

WHAT THEY DID WAS WRONG

THEY HURT ME AND THAT IS NOT MY FAULT

WHAT HAPPENED WAS WRONG BUT I AM NOT WRONG, I AM WORTHY OF LIFE

I PROMISE MYSELF TO WORK ON THESE ISSUES (WOUNDS FROM CHILD ABUSE) UNTIL I FEEL BETTER

I KNOW MY ACTIONS EFFECT OTHERS

I HAVE TO HEAL MORE SO I HAVE FEWER CONFLICTS WITH OTHERS

I WANT TO GET ALONG BETTER

I WANT TO FEEL BETTER ABOUT OTHER PEOPLE EVEN THOUGH I DON'T TRUST THEM

I WILL TRUST PEOPLE MORE ONCE I HAVE HEALED MORE

I AM WORKING ON TRUSTING MYSELF FIRST

I WILL GET STRONG AND CONFIDENT AND BE ABLE TO RELATE BETTER

OTHERS DON'T UNDERSTAND THE PAIN I HAVE

I HAVE THE COURAGE TO DO SOMETHING ABOUT IT

I WILL NOT LET RELATIVES OR FRIENDS MAKE ME FEEL WEIRD FOR TRYING THIS

I WILL NOT LET ANYONE TALK ME OUT OF TRYING THIS

I WILL NOT GIVE UP FOR ANY REASON

THIS PROCESS IS FOR ME TO BE CLEARER AND HAPPIER

I KNOW I HAVE TO CHANGE SOME THINGS ABOUT MYSELF

I KNOW I AM NOT PERFECT

I DO NOT HAVE TO BE PERFECT – NO ONE DOES

WE ARE ALL HUMAN – NO ONE IS PERFECT

NO ONE SHOULD DEMAND THAT I BE PERFECT – NOT EVEN MYSELF

I WILL WORK ON IMPROVING THESE PROBLEMS I HAVE

I KNOW I HAVE WORK TO DO – I'M DOING IT NOW

I HAVE THE COURAGE AND FOCUS TO MAKE THESE EFFORTS AT FEELING BETTER

I need _____

I want _____

I can _____

I must _____

