



Affirmations for Emotional Healing



How to Use These Affirmations:

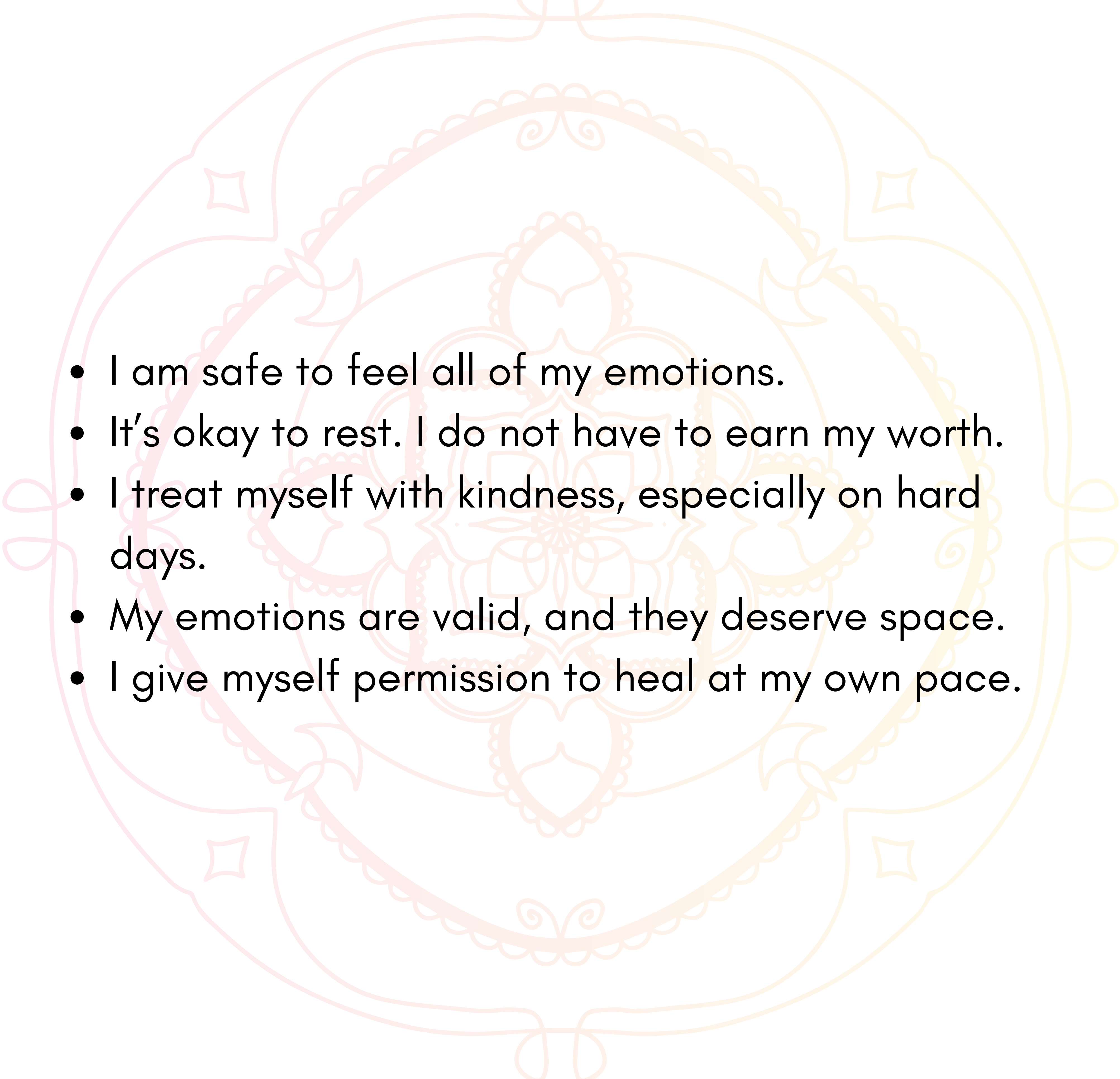
Choose 2-3 that resonate and repeat them morning and evening.

Record them in your own voice to play during meditation.

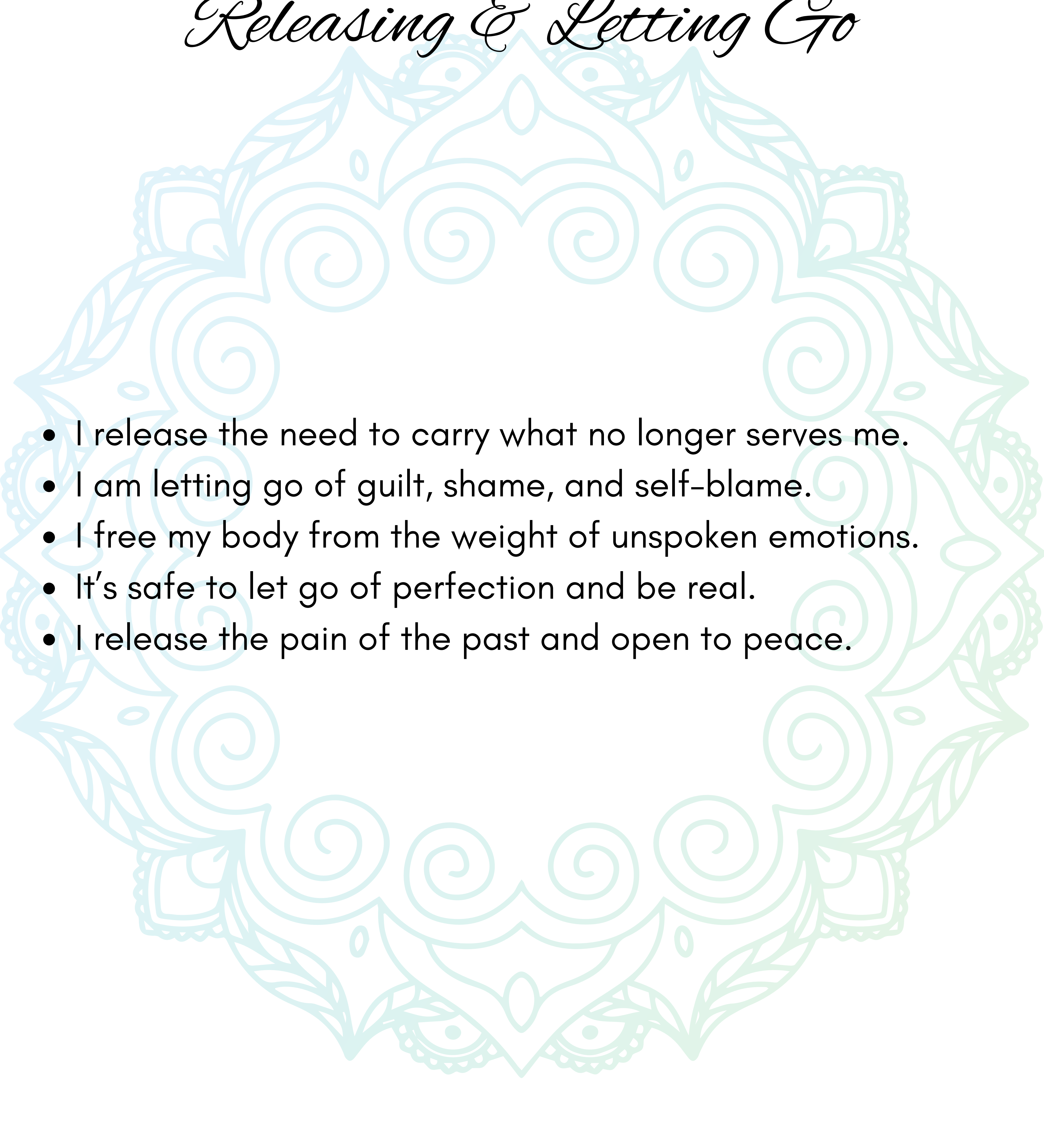
Write them in your journal or on sticky notes around your home.

Use one during your hypnotherapy sessions or emotional check-ins.

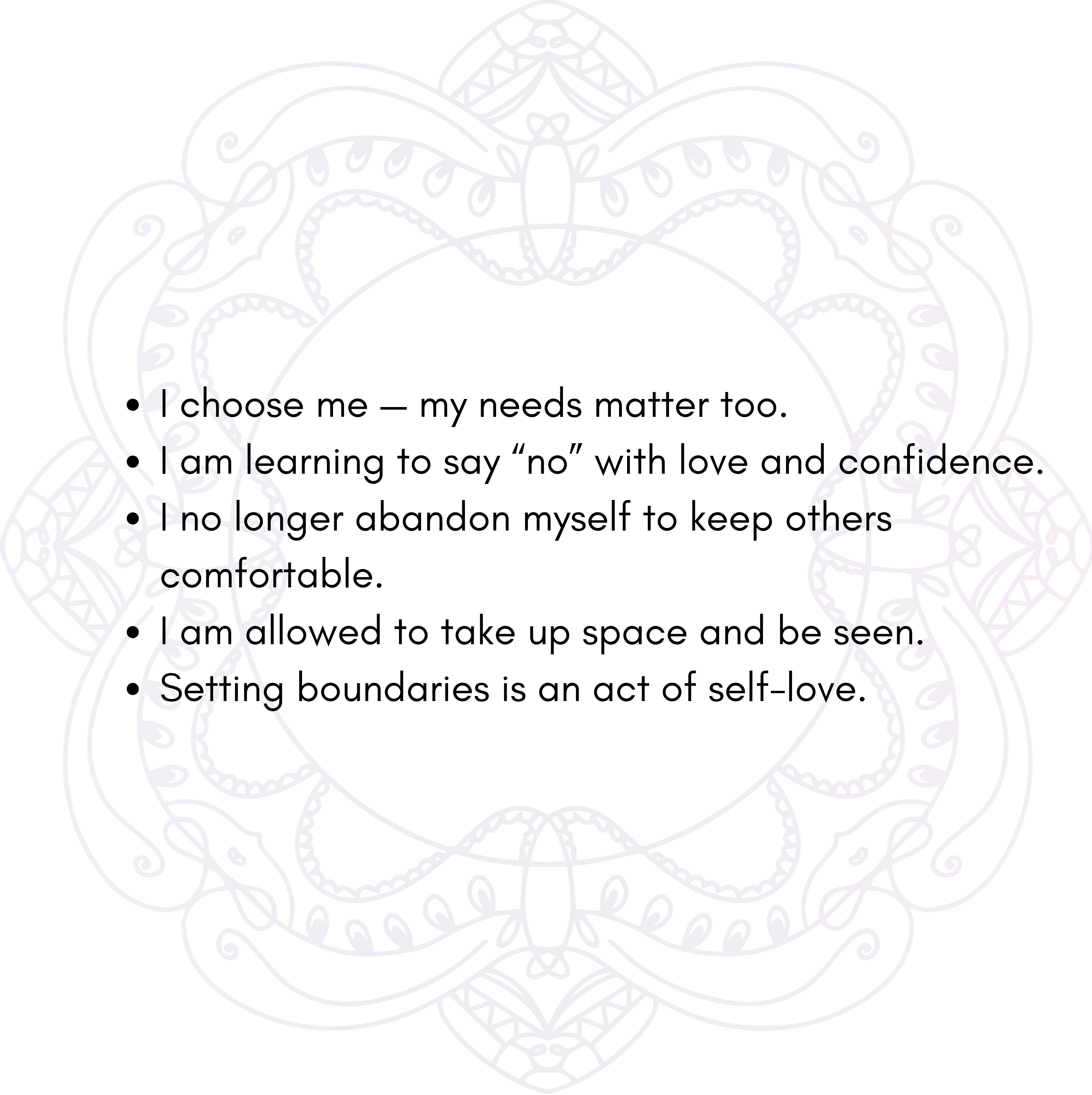
Self-Compassion & Inner Safety

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- I am safe to feel all of my emotions.
 - It's okay to rest. I do not have to earn my worth.
 - I treat myself with kindness, especially on hard days.
 - My emotions are valid, and they deserve space.
 - I give myself permission to heal at my own pace.

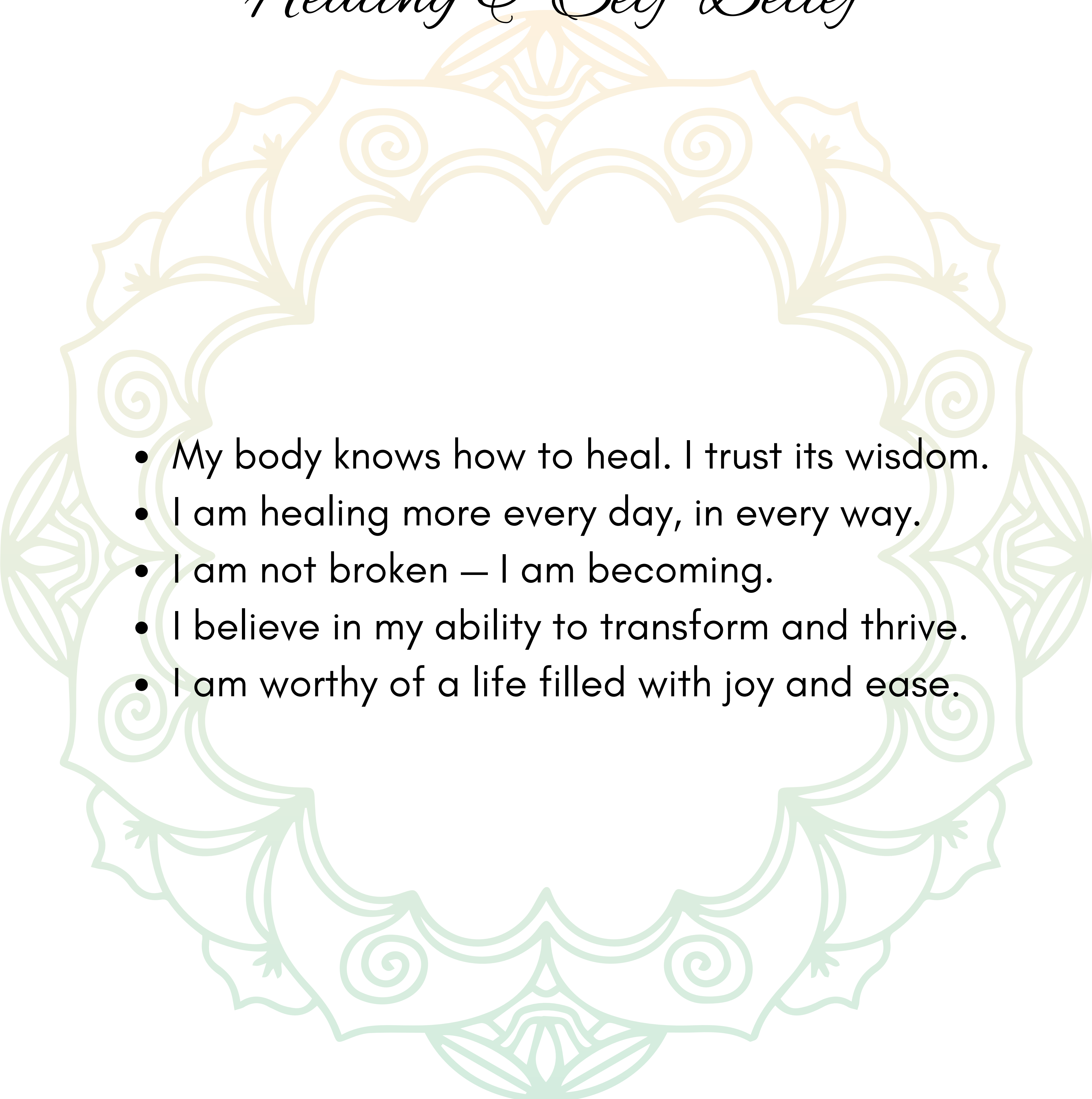
Releasing & Letting Go

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- I release the need to carry what no longer serves me.
 - I am letting go of guilt, shame, and self-blame.
 - I free my body from the weight of unspoken emotions.
 - It's safe to let go of perfection and be real.
 - I release the pain of the past and open to peace.

Empowerment & Boundaries

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- I choose me — my needs matter too.
 - I am learning to say “no” with love and confidence.
 - I no longer abandon myself to keep others comfortable.
 - I am allowed to take up space and be seen.
 - Setting boundaries is an act of self-love.

Healing & Self-Belief

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- My body knows how to heal. I trust its wisdom.
 - I am healing more every day, in every way.
 - I am not broken — I am becoming.
 - I believe in my ability to transform and thrive.
 - I am worthy of a life filled with joy and ease.

Forgiveness & Grace

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- I forgive myself for not knowing what I didn't know.
 - I release resentment and choose peace.
 - I offer myself grace as I grow and heal.
 - Every part of me is doing the best it can.