

Forgiveness Affirmations

- I have the courage to heal.
- I forgive for my own sake.
- It is okay to let anger go.
- I take this small step toward growth.
- I am open to life and all it holds.
- I own my feelings and am willing to experience them.
- I choose to see this in a different light.
- I will choose life.
- I will show up for my life today.
- I forgive to free myself.
- My life is for me to enjoy.
- I choose to let go and move on.
- I see the full picture of recovery.
- I am here to be happy.
- All good things are possible for me.
- I can create inner change.
- I become aware of what negativity is costing me.
- I am strong enough to grieve.
- I am in charge of my own response.
- I am able to make small changes.
- I can create new beliefs.
- I accept and experience life.
- I accept things as they are.
- I understand the role I play in co-creating my reality.
- I choose my own road.
- I recognize that blame doesn't work.

- I am capable of healing in my relationships.
- I let go of bitterness.
- I recognize that judgment gets me nowhere.
- I recognize the futility of trying to control others.

Self Forgiveness Affirmations

- I treat myself with gentleness and respect.
- I forgive myself for participating in this dynamic.
- I am willing to live with all of who I am.
- I accept that there are some people, things and situations that I can do nothing about.
- I practice new ways of being.
- I am an uncritical observer of my own self.
- I am free to be who I am.
- I am capable of changing.
- I affirm myself in positive ways.
- I can deal with my needs in healthy ways.
- I can reach out.
- I can live through feelings of shame and let them go.
- It is all right to love myself.
- I trust my inner voice.
- I am never alone.
- I am willing to learn.
- I let go of my need for perfection.
- I do my part to heal.
- I accept my slips and falls.
- I look within myself for myself.
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