

A hand holding a yellow flower against a sunset background with bare trees.

# TRAUMA

# HARMONIZING

# AFFIRMATIONS

*Dedicated to Dolores*

*She saw more than most, but was always blind to her own soul's beauty.*

# TRAUMA HARMONIZING AFFIRMATIONS

- Find a quiet place where you won't be disturbed for at least fifteen minutes, or about one minute for each affirmation.
- Speak the affirmations below three times each, being careful not to rush, and taking a moment to breathe deeply before repeating or moving on to each new affirmation.
- If you find any of the affirmations particularly difficult to speak out loud, you can choose to read it silently to yourself three times instead.
- To move further out of your comfort zone and intensify the effects of these affirmations, you can write them in a journal or say them to yourself while looking in the mirror.

1. I AM STRONGER THAN MY TRAUMA.
2. I AM HEALING PARTS OF MYSELF EVERY DAY.
3. I AM SAFE AND SUPPORTED IN MY RELATIONSHIPS.
4. I CREATE MY LIFE FROM MY HEART, NOT MY FEAR.
5. I AM CAPABLE OF MAINTAINING MY SAFETY.
6. I AM FREE TO EXPRESS MY FEELINGS WITHOUT GUILT.
7. I DO NOT LET MY FEARS DECIDE ANYTHING FOR ME.
8. I AM AT MY STRONGEST WHEN I FEEL FEAR.
9. I AM NOT CONTROLLED BY MY PAST OR MY FUTURE.
10. I AM EXACTLY WHO I NEED TO BE TO GET THROUGH EACH DAY.
11. I AM CAPABLE OF BUILDING THE LIFE OF MY DREAMS.
12. I USE MY FEARS AS GUIDES, NOT STOP SIGNS.
13. I MAKE HEALTHY CHOICES THAT NOURISH MY BODY AND MIND.
14. I CREATE EXPERIENCES FOR MYSELF THAT NOURISH MY SOUL.
15. I AM IN CONTROL OF MY OWN HEALING AND HAPPINESS.

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1. I AM STRONGER EVERY DAY
2. I SEE BEAUTY IN LIFE ALL AROUND ME.
3. I AM FREE TO CREATE THE LIFE OF MY DREAMS.
4. I CREATE MEANINGFUL MEMORIES WITH PEOPLE I CARE ABOUT.
5. I AM GROWING AND LEARNING NEW THINGS CONSTANTLY.
6. I AM COMFORTABLE WITH MOVING FORWARD THROUGH MY FEARS.
7. I AM EMPOWERED BY THE HEALTHY CHOICES I MAKE FOR MYSELF.
8. I DO NOT EXPECT OTHERS TO MAKE ME HAPPY.
9. I AM RESPONSIBLE FOR MY OWN LIFE AND MY OWN CHOICES.
10. I USE MY TRAUMATIC EXPERIENCES AS TOOLS OF WISDOM.
11. I AM STRATEGIC IN MAKING NECESSARY CHANGES IN MY LIFE.
12. I AM CONNECTED WITH MY HEART EVERY DAY.
13. I BELIEVE IN MY ABILITY TO HEAL FROM MY TRAUMA.
14. I RECEIVE BLESSINGS AND ABUNDANCE IN UNEXPECTED WAYS.
15. I AM GRATEFUL FOR THE MANY LESSONS LIFE HAS GIVEN ME.

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1. I AM INSPIRED BY MYSELF AND PEOPLE AROUND ME.
2. I CREATE PATTERNS OF ENJOYING MY LIFE TO THE FULLEST.
3. I AM AWARE OF LESSONS THAT ARISE FROM APPARENT OBSTACLES.
4. I FOLLOW MY HEART WHEN MAKING IMPORTANT DECISIONS.
5. I MAKE THE CHANGES NECESSARY FOR MY SPIRITUAL GROWTH.
6. I DO NOT RELY ON OTHER PEOPLE TO SAVE ME FROM MY SADNESS.
7. I AM SAFE TO BE MY AUTHENTIC SELF EVEN WHEN I AM NERVOUS.
8. I LEARN FROM ALL PEOPLE AND EXPERIENCES.
9. I AM GRATEFUL FOR EVERY OPPORTUNITY TO LEARN AND GROW.
10. I AM STRONGER THAN MY WORST DAYS.
11. I AM SAFE AND SUPPORTED IN MY QUEST FOR REST.
12. I FEEL LOVED AND APPRECIATED BY PEOPLE AROUND ME.
13. I AM CONTINUOUSLY HEALING, EVEN WHEN I DON'T SENSE IT.
14. I AM BALANCED IN ALL AREAS OF MY LIFE.
15. I AM BOLD AND COURAGEOUS IN PURSUIT OF MY DREAMS.

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1. I AM GENTLE WITH MYSELF WHEN I MAKE MISTAKES.
2. I AM MY OWN HERO.
3. I CREATE BEAUTY AROUND ME BY FOLLOWING MY DREAMS.
4. I MAKE CHOICES THAT SOOTHE MY SPIRIT.
5. I AM COMFORTABLE HAVING DIFFICULT CONVERSATIONS.
6. I AM FREE TO SET BOUNDARIES THAT ARE HEALTHY FOR ME.
7. I TREAT MY BODY WITH RESPECT EVERY DAY.
8. I AM CONSTANTLY GAINING NEW INSIGHTS INTO MY LIFE.
9. I AM OPEN TO LISTENING TO OTHERS, EVEN WHEN I DISAGREE.
10. I ACCEPT CHALLENGES WITH A SPIRIT OF ENCOURAGEMENT.
11. I AM TAKING CARE OF MY HEALTH BY SETTING BOUNDARIES.
12. I CREATE MY LIFE FROM MY HEART.
13. I RECEIVE ANSWERS TO MY QUESTIONS WHEN I AM OPEN TO THEM.
14. I USE MY FAILURES AS ROADMAPS TO SUCCESS.
15. I AM FREE TO SPEND TIME DOING THINGS THAT BRING ME JOY.

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1. I AM ON A CONTINUOUS JOURNEY OF HEALING.
2. I AM GROWING FROM EVERY LESSON I LEARN.
3. I AM UPGRADING THE WAY I SPEAK TO MYSELF EACH DAY.
4. I SPEAK WITH LOVE, COMPASSION, AND HONESTY .
5. I DO NOT NEED OTHERS TO VALIDATE MY GOALS OR DREAMS.
6. I AM NOURISHING MY SPIRIT THROUGH LOVING ACTIONS EACH DAY.
7. I AM CAPABLE OF BUILDING A STABLE FOUNDATION FOR MYSELF.
8. I AM LEARNING ABOUT MYSELF BY LEARNING ABOUT OTHERS.
9. I RECEIVE AND ACCEPT OPPORTUNITIES FOR SPIRITUAL GROWTH.
10. I BELIEVE IN MYSELF AND MY DREAMS.
11. I AM SAFE FROM THE PAST BECAUSE I LIVE IN THE PRESENT.
12. I AM FULLY SUPPORTED IN ALL I DO WHEN I FOLLOW MY HEART.
13. I AM OPEN TO SEE AND UNDERSTAND MY OWN TOXIC BEHAVIORS.
14. I DO NOT BLAME OTHERS FOR MY PROBLEMS OR FEELINGS.
15. I MAKE TIME TO DO THINGS THAT FEED MY SOUL.