



Therapist Restoration Affirmations



"I am not a bad therapist when my clients are struggling," and "I allow myself to be human".



"I have to set boundaries in order to help anyone else," and "I am capable of helping but not responsible for healing".



"I am enough," and "I am worthy of love and respect".



"I may not see the fruit of my work but I am planting seeds," and "It's okay to feel helpless sometimes".