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### **Affirmations for Trauma Survivors**

Affirmations can be difficult for us, but they are a great alternative to the negative thoughts that many of us struggle with due to our abusive history. Even if you don't believe them now, choose the affirmations that you are willing to work on.

I am a worthwhile person.  
I am still loveable when I make mistakes.  
It's okay to talk, trust and feel today.  
God loves me just as I am.  
I survived what I went through.  
I have the right to change my mind.  
I deserve love, not abuse.  
"NO" is a complete sentence.  
I have choice today.  
I have hope.  
I deserve to live and enjoy life.  
I will face my fear of.....  
I have hope.  
It is okay to be sad and grieve for my childhood.  
I can do this one day at a time.  
I can and will breathe through this.  
I'm allowed to be kind to myself.  
I make a difference.  
I am strong and capable.  
I give myself permission to live.  
I am resourceful and will get through this.  
I am strong enough to do what I need to do to get through.  
Other people do not determine my worth.  
It may hurt now, but it will not hurt forever.  
I give myself permission to do what I need to do for recovery and healing.  
I choose to believe in myself.  
I am not a failure when I make mistakes.  
I am not responsible for my abuse, my abuser is.  
It wasn't my fault.  
Today I have a choice.