



HOW TO HEAL FROM ABUSE

Positive Affirmations

If you have gone through emotional abuse, be proud that you have made it out of that toxic relationship. If you experienced physical abuse you should also be proud and get a restraining order. Picking yourself up after hearing negative things daily will be difficult. But you can find peace in your life. Every form of abuse is unacceptable. No one deserves to be put down, hit, or mistreated.

Read these affirmations in the mirror. Even if you do not believe everything you are saying, one day you will. How long did it take to believe the negative things? Take it one day at a time. All negative thoughts will fade away. Things will get better.

Wishing you healing & love.

I LOVE MY LIFE



I CREATE THE LIFE I
DESIRE



I LOVE MYSELF



I AM SAFE & SECURE



I DESERVE THE BEST



POSITIVE AFFIRMATIONS

- ♡ All good things come to me.
- ♡ Everything good happens in my life.
- ♡ I am worthy of everything good.
- ♡ I am beautiful.
- ♡ I love my life.
- ♡ I deserve the best.
- ♡ I forgive myself.
- ♡ I am strong.
- ♡ I am loved.
- ♡ I create the life that I desire.
- ♡ I know my worth.
- ♡ I refuse to settle.
- ♡ I refuse to give up on my goals.
- ♡ I am intelligent.
- ♡ I follow my dreams because that makes me happy.
- ♡ I am brave.
- ♡ I am independent.
- ♡ I am creative.
- ♡ I am joyful.
- ♡ I am happy.
- ♡ I am smart.
- ♡ I am resourceful.
- ♡ I am worthy.
- ♡ I am incredible.
- ♡ I am kind.
- ♡ I am consistent in my life.
- ♡ I am successful.
- ♡ I am thoughtful.
- ♡ I have abundance.
- ♡ I am thankful for all that I have been blessed with.

- ♡ I have learned from my experiences and I am encouraged to help others.
- ♡ I am wealthy.
- ♡ I am kind to myself.
- ♡ I work daily to better myself.
- ♡ I deserve all the blessings I have and will soon receive.
- ♡ Life happens for me not to me.
- ♡ My past does not define me.
- ♡ I thankful that I have created the life that I have dreamed of.
- ♡ I am proud of the person that I have become.
- ♡ I choose to walk in light.
- ♡ I lead with love.
- ♡ I am giving.
- ♡ I am kind to myself.
- ♡ I am a good person
- ♡ I never give up on my dreams.
- ♡ I am financially stable.
- ♡ I am decisive.
- ♡ I attractive positive people in my life.
- ♡ I am successful at everything that I do.
- ♡ I am enough.
- ♡ I am fearless.
- ♡ I am the architect of my life
- ♡ I am surrounded by wealth.
- ♡ I am opened and receptive to all the great things that life offers me.
- ♡ My dreams are coming true.
- ♡ I enjoy every moment of every day.
- ♡ I have all that I need to right now.
- ♡ Things get better and better for me each day.
- ♡ I am patient with myself.

- ♡ I forgive those who have harmed me in my past and peacefully detach from them.
- ♡ I am healed from my past. I have moved forward.
- ♡ I have peace.
- ♡ I am free.
- ♡ I was made on purpose, for a purpose, & I am loved.

For Moms

- ♡ I am a great mother.
- ♡ I trust my maternal intuition.
- ♡ I am fearless.
- ♡ I am providing for my children.
- ♡ I am a great role model.
- ♡ I show my children what it is to love.
- ♡ I am kind to myself.
- ♡ I take time out for myself.
- ♡ I am strong.
- ♡ I enjoy the present while looking forward to the future.
- ♡ I make plans for myself and for my family.
- ♡ I take time out for myself.
- ♡ I am patient with myself.
- ♡ I take things one day at a time.
- ♡ Each stage in my child's life is just a phase. I am patient and research different things to help us get through the difficult times.
- ♡ I make the best decisions for my children.
- ♡ I do not worry because I know that my children are protected.
- ♡ I am making the best decisions for myself and my children.
- ♡ I create wonderful memories with my children.
- ♡ I am capable.
- ♡ I can do anything I put my mind to.
- ♡ I am incredible.

- ♡ I am resourceful and creative when it comes to making money.
- ♡ Each day is a brand-new day.
- ♡ I follow my dreams.
- ♡ I am a blessing to my children.
- ♡ I am doing an amazing job.
- ♡ I am grateful for my ability to create life.
- ♡ I am exactly what my child needs.