

let's *THERAPIZE* that shit !!!

Examples of Affirmations

(courtesy of [Cascade Behavioral Health Hospital](#))

- 1) I create a safe and secure space for myself wherever I am.
- 2) I give myself permission to do what is right for me.
- 3) I am confident in my ability to [fill in the blank].
- 4) I use my time and talents to help others [fill in the blank].
- 5) What I love about myself is my ability to [fill in the blank].
- 6) I feel proud of myself when I [fill in the blank].
- 7) I give myself space to grow and learn.
- 8) I allow myself to be who I am without judgment.
- 9) I listen to my intuition and trust my inner guide.
- 10) I accept my emotions and let them serve their purpose.
- 11) I give myself the care and attention that I deserve.
- 12) My drive and ambition allow me to achieve my goals.
- 13) I share my talents with the world by [fill in the blank].
- 14) I am good at helping others to [fill in the blank].
- 15) I am always headed in the right direction.
- 16) I trust that I am on the right path.
- 17) I am creatively inspired by the world around me.
- 18) My mind is full of brilliant ideas.
- 19) I put my energy into things that matter to me.
- 20) I trust myself to make the right decision.
- 21) I am becoming closer to my true self every day.
- 22) I am grateful to have people in my life who [fill in the blank].
- 23) I am learning valuable lessons from myself every day.
- 24) I am at peace with who I am as a person.
- 25) I make a difference in the world by simply existing in it.
- 26) *My feelings are real and come from something*
- 27) *My behavior is caused and makes sense*
- 28) *My feelings are trying to tell me something*
- 29) *I know how to breathe*