



Affirmations

Suggestions for use: repeat three of these morning and night

1. I'm responsible and in control of my choices and behavior and not those of others.
2. Circumstances are what they are, but I can choose my attitude toward them.
3. I am setting priorities and making time for what is important.
4. Life has its challenges and its satisfactions—I enjoy the adventure of life.
5. Every challenge that comes along is an opportunity to learn and grow.
6. I accept the natural ups and downs.
7. I love and accept myself the way I am.
8. I designed for good things in life as much as anyone else.
9. I am open to discovering new meaning in my life.
10. It's never too late to change. I am improving one step at a time.
11. I am innately healthy, strong and capable of fully recovering. I am getting better every day.

12. I am committed to overcoming my condition. I am working on recovering from my condition.

13. I can recover by taking small risks at my own pace.

14. I am looking forward to new freedom and opportunities, while I continue in my recovery.

15. If someone doesn't return my love, I let it go and move on.

16. I am learning to be at peace with myself when alone. I am learning how to enjoy myself when alone.

17. I respect and believe in myself apart from others' opinions.

18. I can accept and learn from constructive criticism.

19. I'm learning how to balance work and play in my life.

20. I'm learning to be myself around others. It's important to take care of my own needs.

21. It's OK to be myself around others. I'm willing to be myself around others.

22. I appreciate my achievements, and I'm much more than all of them put together.

23. I am learning that there is more to life than success. The greatest success is living well.

24. It's OK to make mistakes. I'm willing to accept my mistakes and learn from them.

25. I'm willing to allow others to help me. I acknowledge my need for other people.
26. I am open to receiving support from others.
27. I am willing to take the risk of getting close to someone.
28. I am learning to relax and let go. I'm learning to accept those things I can't control.
29. I am willing to let others assist me in solving my problems.
30. When I love and care for myself, I am best able to be generous to others.
31. I'm doing the best I can as a _____ ; optional: and I am open to learning ways to continue to improve.
32. I am doing the next right thing in the quiet and rest of my mind.
33. I am protecting my growth through sacred self-care.



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