



Affirmations, A Resource for Strength

This resource moves past the patterns of emotional manipulation and focuses on the self. Please pause and reflect when reading them. They are intended as reminders of inner beauty, rediscovering strength and living each day – one at a time.

Affirmation (n)

The declaration of the truth of something

When navigating emotional and psychological abuse, it is very easy to begin believing the negativity that is directed your way. Belittling, spiteful comments about the outfit of choice, jabs about physical appearance followed by “you know I’m just kidding,” all play a role in lessening one’s self-esteem.

The following pages are gentle reminders that:

- Your voice matters
- Your thoughts matter
- You are enough
- You have value
- You ... Matter

The pages were created so that each affirmation can be cut and placed on a car dashboard, screenshotted to create a phone, desktop or laptop wallpaper or printed and placed someplace visible.

Words have power.

We know the journey is challenging. We also know there is light at the end of the tunnel.

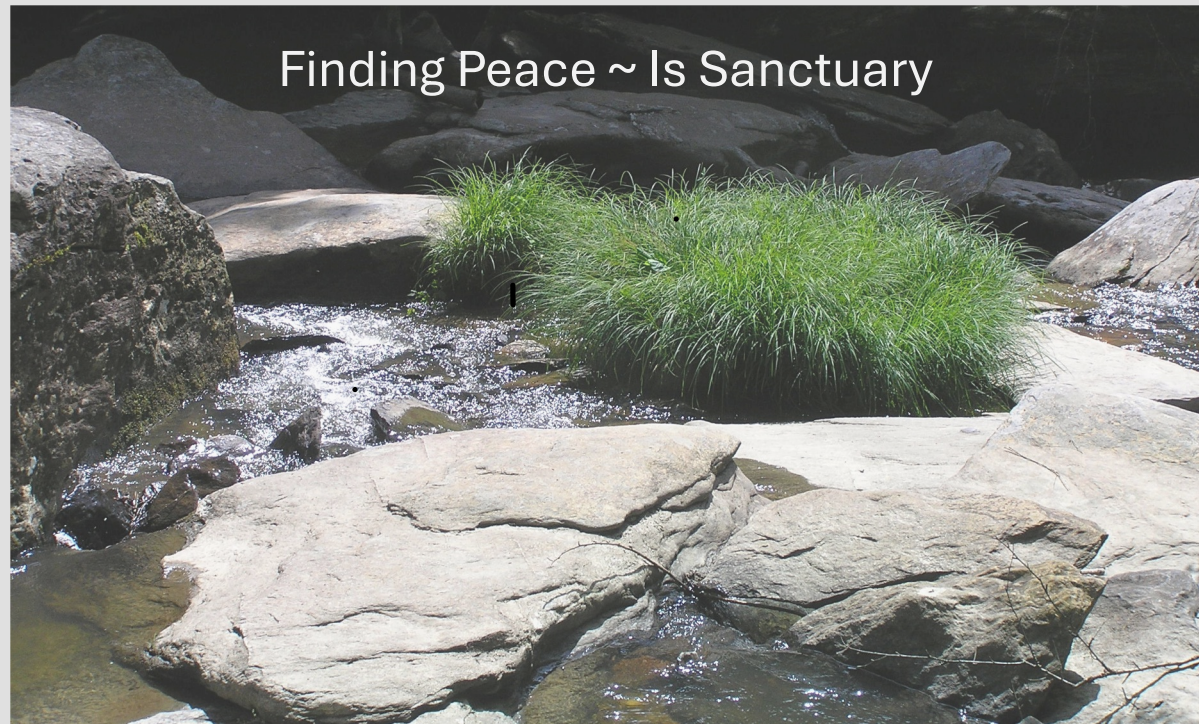
#ItsNVR2L8

When I Choose Truth ...

I Choose Me



There is Beauty in Stillness



Finding Peace ~ Is Sanctuary



A New Day Will Dawn



Growth
Does
Happen

Quietly



There is
Beauty
Within



Allow the Answers to Come ...



Just Be ...



Allow Grace



Take Time ...
Reflect



My Light
Will Shine



One
Step
At
A
Time