

Positive Affirmations

Trauma-Created (False) Belief	Truth (Opposite of False Belief)
I'm not good enough	I am good enough

Choose 2-3 Positive Affirmations from the right column. Write each one on a separate sticky note and place them somewhere you can say them aloud to yourself several times per day. If you have a friend or family member on this journey with you (or even just supporting you), consider having them genuinely and slowly say them to you while looking you in the eyes.