

# Trauma Affirmations

*1. You are worthy.*

*2. You are allowed to struggle.*

*3. You are allowed to talk.*

*4. You are not alone.*

*5. What happened does not define you.*

*6. What happened was not your fault.*

*7. You deserve to take up space.*

*8. It's ok to be the way you are right now. It is understandable that you felt the way you felt. It is understandable that you did the things you did to cope. It is understandable that you didn't know how to do better.*

*9. Your unhealthy habits were just survival mechanisms that you held onto to protect yourself. You aren't trying to be self destructive! Your brain is just telling you that danger is imminent so you prepare accordingly. But you just need to slowly build new, healthy habits because you aren't in danger anymore.*

10. *You are safe.*

11. *You don't need permission to exist.*

12. *You are not your trauma. Your dysfunctions are not a measurement of your true ability.*

13. *It's ok to have a bad day, week or month. Healing is not linear.*

14. *I fall down and I just bounce back up again.*

15. *Breathe!*

16. *This too shall pass.*

17. *Be kind with yourself.*

18. *You have the right to acknowledge your feelings without having to justify them.*

19. *I am not a mistake; I am not fundamentally flawed.*

20. *You are allowed to ask for help.*

21. *You are allowed to celebrate the fact that you survived.*

22. *Change is the only constant.*

*23. It's ok to feel. It's ok to feel bad. It's ok to let it out. It's ok to cry. It's ok to be hurting. It's ok to be angry.*

*24. Feeling bad doesn't make me a bad person. All my emotions are valid.*

*25. Thinking suicidal thoughts doesn't mean I want to kill myself, it's just means I am hurting and in need of care.*

*26. You are allowed to be afraid and avoid what frightens you.*

*27. I've managed to survive all this while in the dark. Now that I have the answers I can find my out.*

*28. I refuse to judge myself according to the standards of a society that makes no place for people like me.*

*29. You are allowed to do things that make you feel better. You are allowed to heal.*

*30. I will be patient and love myself as I heal.*

*31. I am not afraid to be myself. It is safe to be me.*

*32. I am worth taking care of.*

*33. Think of emotional healing as being like the physical healing of a wound – one step at a time. Keep the wound free of further contamination. Avoid toxic people and environments. Don't ever swallow any more poison – particularly if you still keep in touch with toxic/unhealed family members.*

*34. I will nurture and protect myself.*

*35. It's ok not to be ok.*

*36. Your trauma is valid.*

*37. Everyone makes mistakes.*

*38. It is normal and human to make mistakes.*

*39. I am a survivor. My body is a survivor.*

*40. It's ok to let go.*

*41. I'm not afraid to fail. Failure isn't permanent.*

*42. Your story matters.*

*43. I don't need permission for how I live my life.*

*44. I'm not a quitter or an embarrassment.*

*45. I'm allowed to have feelings.*

*46. I refuse to punish myself for having feelings.*

*47. I don't have to be perfect/perform at the same level every time.*

*48. You have nothing to feel guilty or ashamed about. None of what happened to you was ever your fault. You did not deserve to be treated badly.*

*49. Healing will take time—a relapse doesn't mean you're never going to get better.*

*50. You deserve to heal and feel better.*

*51. Everything is going to be okay, even if it doesn't feel like it now!*

*52. You deserve to be loved and treated well.*

*53. You are a good person. It is not your fault.*

*54. It is ok if all you did today was breathe.*

*55. You are enough.*

*56. I am courageous, I am whole, I stand in my power.*

*57. You have a right to be heard and taken seriously.*

*58. It can be safe to let others close.*

*59. I do not have to prove myself to anyone. I am enough.*

*60. I can decide what makes me happy.*

*61. I will work hard to only allow safe, trustworthy and respectful people into my life now.*

*62. I can bring joy into my life that has been missing during my childhood.*

*63. I am a good person.*

*64. You are healing now. As you grow in love for yourself and your life, stay away from people who don't align with that self love. You deserve a caring relationship.*

*65. Givers need to set limits because takers rarely do.*

*66. It's ok to not know what you need.*

*67. When life is sweet, say thank you and celebrate. When life is bitter, say thank you and grow.*

*68. When you forgive, you begin to heal. When you let go, you begin to grow.*

*69. You have the right to go through your own unique process.*

*70. My feelings are valid.*

*71. There is no growth without change, no change without fear or loss, and no loss without pain.*

*72. Tomorrow will be a new day.*

*73. You are loved.*

*74. My life and choices are right for me.*

*75. I don't need approval for how I live my life.*

*76. You own your story.*